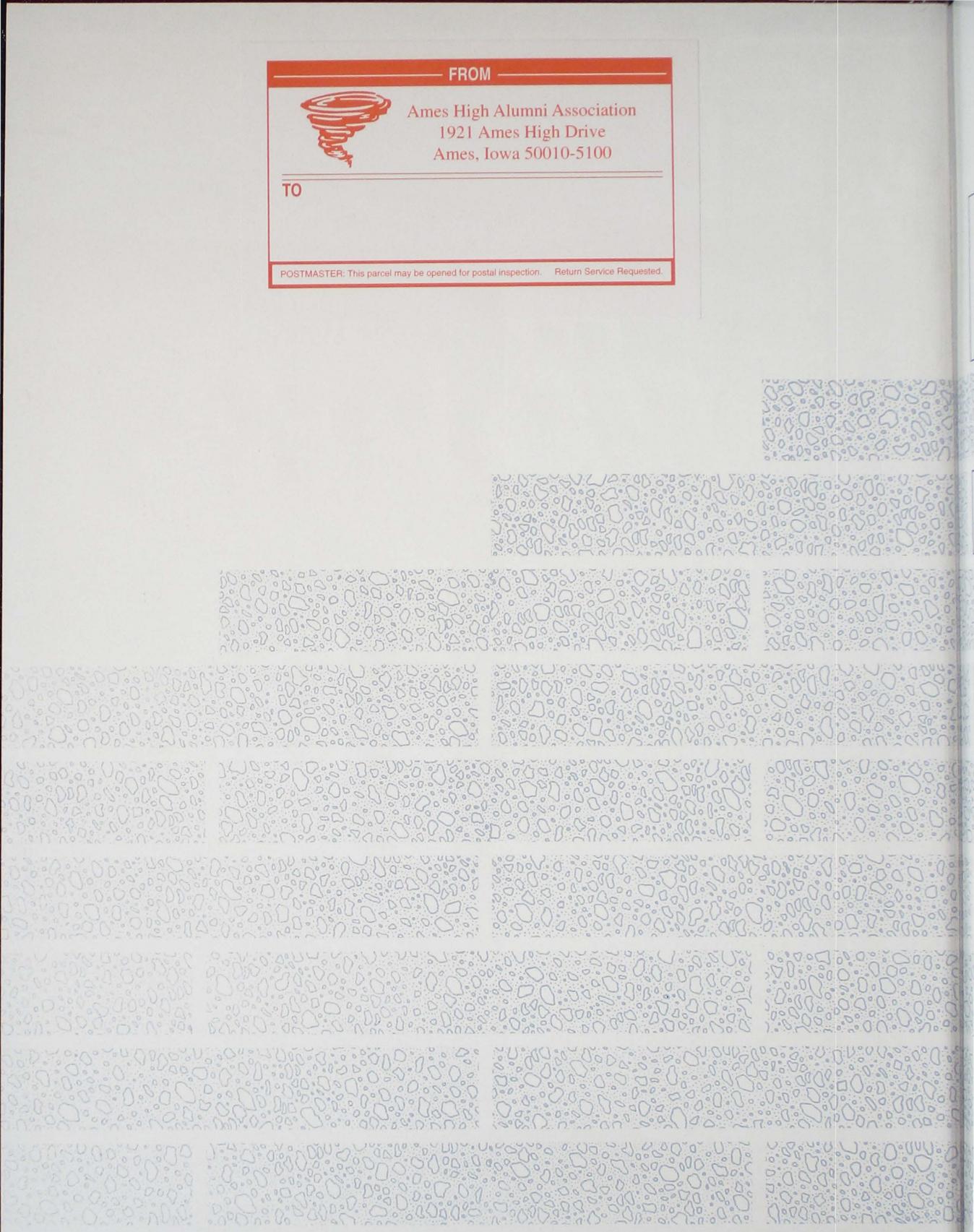
HIE NORIS

SPIRIT 90



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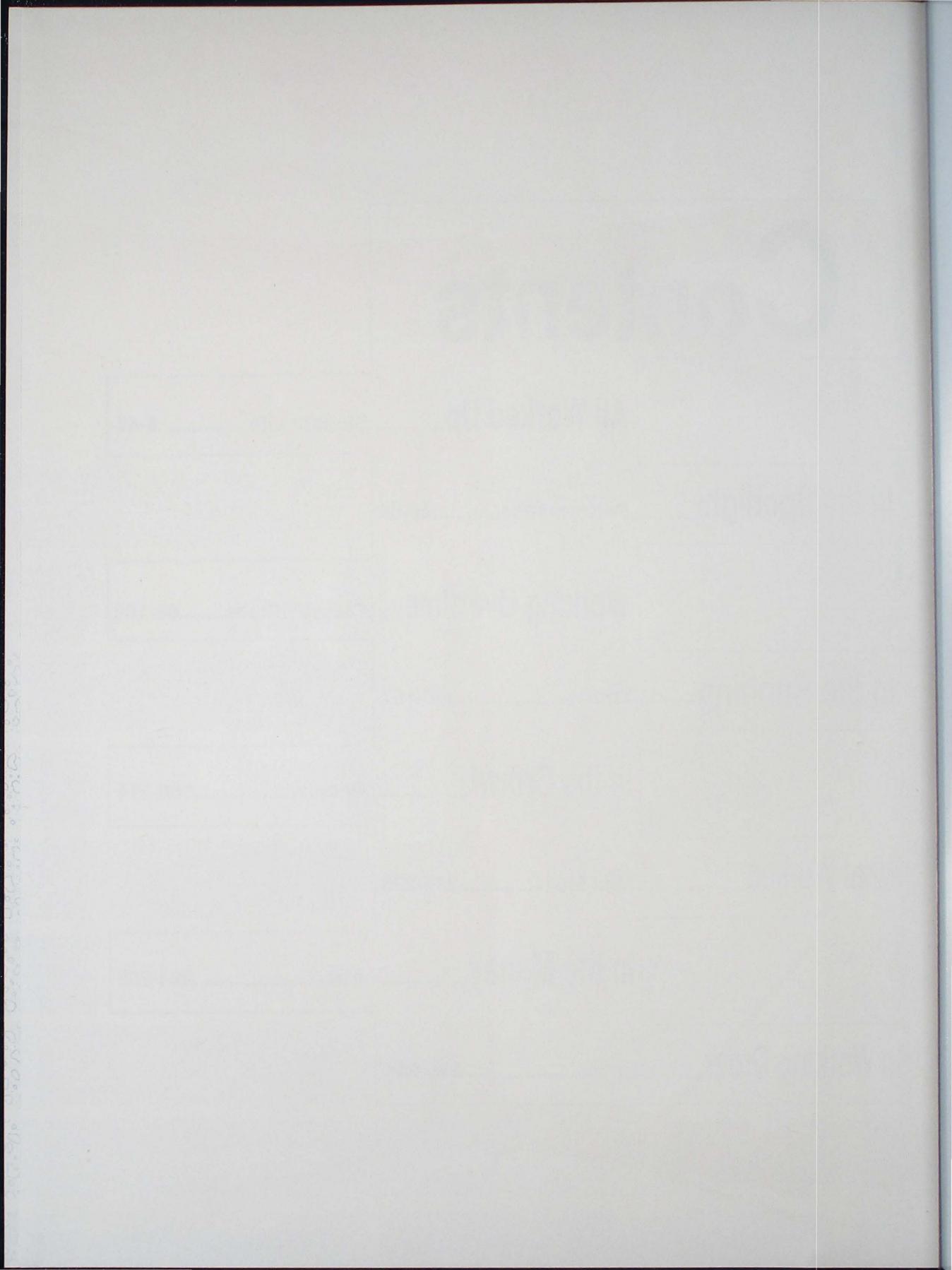
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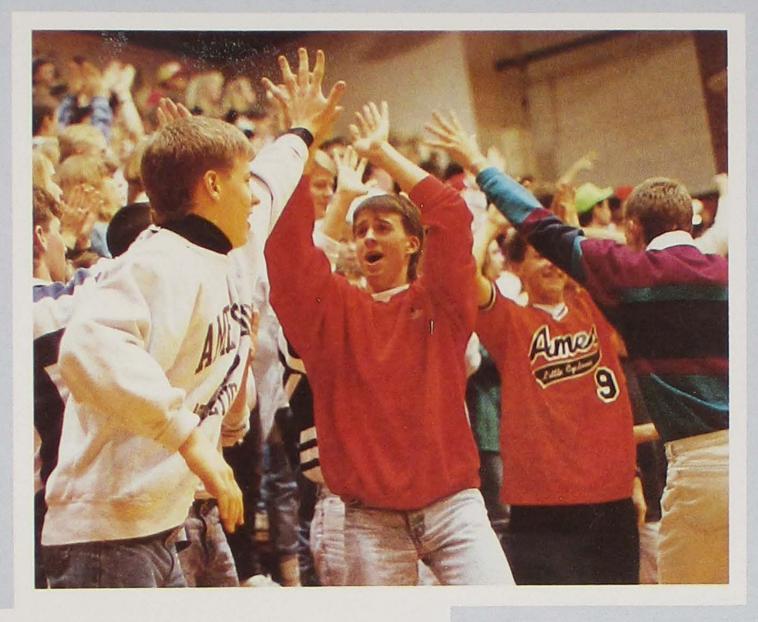
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Showing their enthusiasm, juniors Jason Hansen and Jesse Pease do a high five after a slam dunk by junior Fred Hoiberg at the varsity boys' basketball game Feb. 2. Over 3200 people watched the 77-73 victory over DM North. (Photo by Andy Scott)

IN THE WORKS SPIRIT 1990

Ames High School 20th and Ridgewood Ames, Iowa 50010 (515) 232-8440 Volume 78

Construction and lasswork kept us...

Passing through the halls at registration August 24 and 25, 1,271 of us caught the first glimpses of our changing school. A giant plywood box stood where the counselors offices had been. And we heard about a new special education wing with an elevator to accommodate the integration of Willson-Beardshear students. We dished out up to \$50 in fees, which included rental for the towels we got so much use out of in gym class and flashy new parking permits. To avoid any association with high school, many

of us chose to take our permits down while cruising. But those who forgot to put them back spent hours

in restricted study hall.

When school began four days after registration, we discovered scheduling problems, courtesy of the computer scheduling system, and went in search of our counselors. But where were they? Searching high and low, we finally located them tucked away in a corner of the media center. Following our counselors' advice, we headed toward the gym for class. But wait! That five yard passage we had always

used from the front hall to the gym was completely boarded off. So weaving our way unough the passages of the fine arts wing, we made it to class with just

seconds to spare.

After discovering the fine arts wing, we could finally navigate the school well enough to find all of our classes. But two weeks later, our progress was halted by the multiplying plywood boards. They had reached the main lobby and engulfed the breezeway. The front doors now seemed the easiest choice for reaching the north end of the building, especially for juniors on their way to Great Plains

Sauce and Dough for a little midday meal. Getting back to class on time posed another challenge. None of the clocks in the school were synchronized, when they worked at all, and the 30 seconds of music before the bell had been completely abandoned. With the mad rush at the bell, many students took the back hall and endured near-suffocation to reach their next class. And when 1,271 students crammed the back hall attempting to reach the gym for those mandatory assemblies, it got rather stuffy.



Bringing the crowd to its feet in the varsity basketball game February 2 against DM North, junior Fred Hoiberg shoots a threepointer. Hoiberg led the team to victory, scoring 28 points. (Photo by Andy Scott)





Presiding as king over the first Ames High Madrigal Dinner, senior Rob Parrish escorts junior Margaret Lloyd. The dinner was produced by choral, drama and dance students. (Photo by Laura Zachary)

Balancing atop a scaffold, a construction worker from Harold Pike Construction checks the accuracy on a half-finished outer wall. Construction took place September through April. (Photo by Andy Scott)

IN THE WORKS

Pep assemblies were held to a minimum, but the lack of support during the school day didn't phase the cross country teams. The boys' team took first place at State and the girls placed second. While the varsity football team failed to reap great rewards, basketball brought in a record crowd with over 3,500 at the boys' February 2 victory over DM North, 77-73.

We were reluctant to attend mandatory assemblies, but

we got around to hearing speakers like Lonise Bias, mother of the late University of Maryland

basketball player Len Bias, who warned us about peer pressure and the hazards of drug and alcohol abuse.

The end of the 80's brought fun - from the outrageous Mistletoe Dance to our extravagant Winter Formal.

Returning from winter break January 3, we found our front hall finally accessible. It was heated, and opened just in time to save us from the 25 degree below zero tempera-

tures and 70 below wind chills that rattled the state. The upper and lower pas-

sages to the gym were closed and opened again several times, but one was always open to get us to gym. Having two halls made it faster to reach assemblies where we could sway with the Iowa State University Gospel Innovators celebrating Martin Luther King Jr.'s birthday and be-bop with the cheerleaders at their 50's pep-assembly.

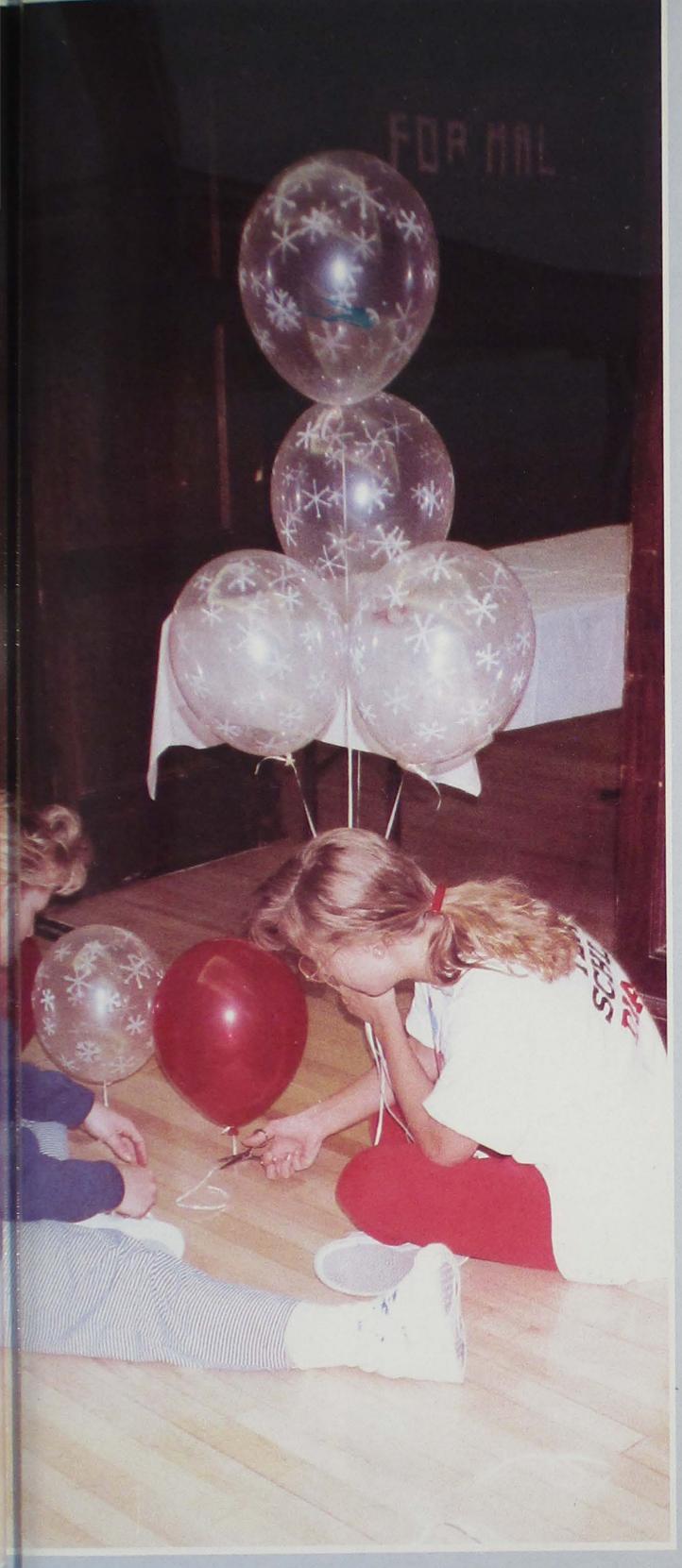
The AHS concert chorale was a frequent sight at assemblies. Their talent was strong as eight members earned spots in the All-State chorus. The All-State tradition

continued with 26 band members and Speech

Club's choral reading group achieving All-State honors.

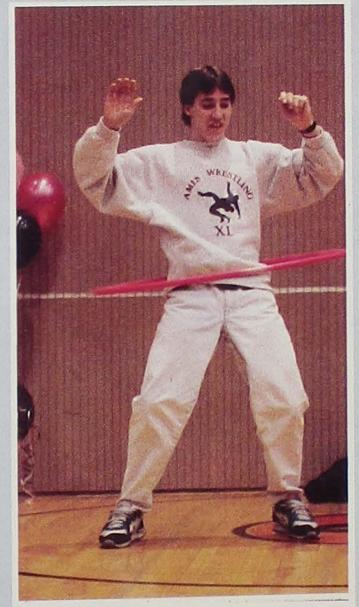
Clubs and committees tried to make an impact on the school. A Students Against Driving Drunk committee was organized by the Key Club, and the environmental committee began a crusade to clean up the school. Keeping our halls and grounds clean meant sacrificing those messy fundraisers like pop and donut day, but we couldn't win with everything!

From our classes and clubs to our sports and our jobs, our lives were always in the works.



Decorating the Sun Room of the Memorial Union for Winter Formal, seniors Krista Posegate and Diane Dubansky tie down a bunch of balloons. The Senior Girls' Club organized and paid for the dance. (Photo by Andy Scott)





Spreading cheer to the elderly at the North Grand Care Center was the goal of Volunteers and junior member Jamie Stiles. The Volunteers created a Thanksgiving feast at the center. (Photo by Andy Scott)

Competing in a contest with his fellow wrestlers, senior Eric Ziebold tries to keep his hula-hoop going. The cheerleaders organized these games for the 50's pep assembly Feb. 2. (Photo by Andy Scott)

Worked Up

As we ended one decade and started another, we found ourselves bombarded by worries and stressful situations. We were under constant pressure from home, school and our jobs.

Despite that, our social consciousness was raised through the affairs in Eastern Europe and South Africa. Students got worked up about everything from changing the world to reliving the past.

One flash from the past was the return of the Rolling Stones for a stop at Cyclone Stadium on their 'Steel Wheels' concert tour. Those of us not up to paying \$35 to get in held back yard barbecues with our friends and listened to the Stones from lawn chairs.

Our friendships came in many forms, including friends of the opposite sex. But we often kept the deep relationships at a distance. This allowed many of us to attend the December Mistletoe dance without a guilty conscience. And where else did we get the chance to kiss half the student body in one night? Certainly not at Winter Formal! All the gauze and goo of the formal dances, from Winter Formal's 'A Sweet Affair' to Prom and 'Mystical Illusions', got us all worked up over preparations and what we would wear.

In the casual line, we turned to J-Crew and other catalogues to keep us covered when we didn't have time to hit the malls. Homework, hobbies and jobs kept us running from noon till night, and during the weekends as well. Our only chances for rest and relaxation came with winter and spring breaks when we hit our favorite ski slopes, dashed off to the coast, or just stayed in Ames. Every day of the '89-'90 school year, our lives were in the works.



Spending an afternoon registering for the 1989-90 school year was not the first choice of many students. Sophomores Juli Nordyke, Tom Johnson and Betsy Neibergall finish the process by paying their fees to Ann Stokka. (Photo by Staci Dooley)

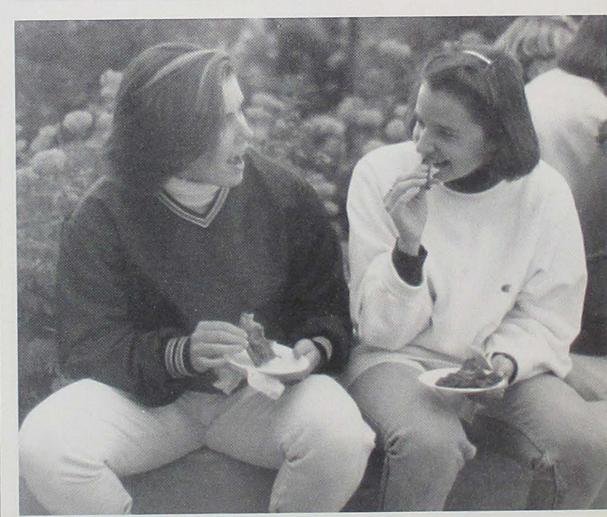




Swaying with the Iowa State University Gospel Innovators, seniors Tara Hensley, Chantel Jordan, Michelle Nelson and Nicole Devens "Reach out and touch somebody's hand" at the Dr. Martin Luther King Jr. assembly Jan. 24. (Photo by Staci Dooley)

Raising her voice and hands to bring power to her cause, Lonise Bias tries to impress upon students the dangers of drug abuse. Bias is the mother of the late Celtics player, Len Bias, who died from cocaine use. (Photo by Paige Hoefle)





After working on the annual Athletic Fund Drive, seniors Sarah Ford and Wendy Stevenson relax with a slice of pizza. The door-todoor athletic ticket sales grossed over \$1400. (Photo by Laura Zachary)

ooking Hot

Catalogs helped satisfy students' fashion needs

-Tia Nemitz

"I'll grab a catalog and if I

find something I really like,

I'll ask my mom to order it for

me ... it saves her the time

of going to the mall and get-

-freshman Christine Recker

ting something there."

Have you ever wondered where you were going to get that orange and black sweatshirt for Homecoming or the "to-die-for" prom dress? Many students turned to catalogs for the answer.

"Clothing out of catalogs has

variety and a different style. They are classics, not fads," junior Christy Scott said.

Students chose catalog shopping as a means of purchasing clothing in a desired fashion. Some

chose Talbots, Bachrach, and Saks Fifth Avenue for a formal occasion, while others chose American Eagle Outfitters and Land's End for their easy fit and sporty look.

"I was looking for a sweatshirt in orange and black to wear to foot-

ball games. I couldn't find anything in the stores, so I ordered it out of J. Crew," sophomore Juli Nordyke said.

Catalogs not only offered a variety of styles but different colors, too.

J. Crew came out with many sweatshirts and rugbies that were in school colors, while Tweeds made available more traditional colors like browns and greens.

sics, not fads," "With a catalog you don't have junior Christy to get out of the chair to go shop-Scott said. ping. It's easy and saves time," Students freshman Brian Linder said.

Time became another important factor in shopping. Whether it was your time or your mom's, not everybody wanted to spend it shopping. Catalogs simplified this process, whether you chose to order by phone or mail.

"I'll grab a catalog, and if I find something I really like, I'll ask my mom to order it for me. She usually will because it saves her the time of going to the mall and getting something there," freshman Christine

Recker said.

But not everybody liked what came from their orders. Many found after receiving it that it wasn't what they expected.

"Shopping out of a catalog can be a hassle if the size or color is wrong, because you have to return it and pay for the postage charges," junior Kim Oldehoeft said.

Others avoided using catalogs all together and preferred to try on the clothes before purchasing them.

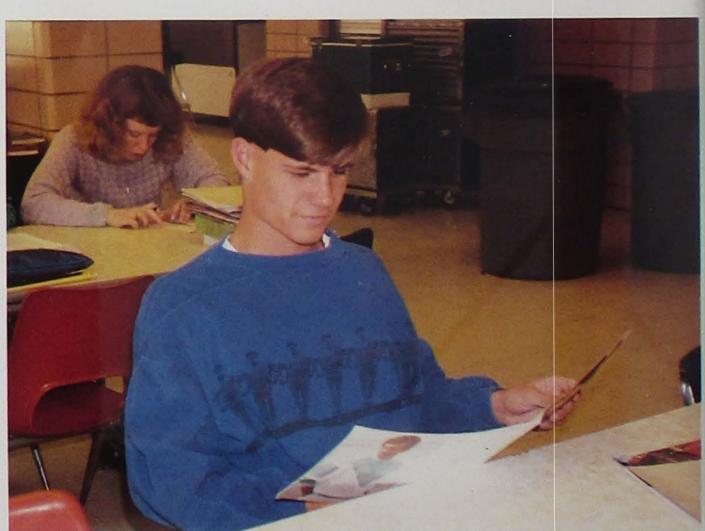
"I don't like to catalog shop because the pictures in catalogs always make the clothes look better than they really are," senior Gabi Kupfer said.

Whether students went formal or comfortable, bright or subdued, catalogs answered their everyday questions on what to wear.

Trying to pass the time in his study hall, sophomore Rob Swanson looks for fashion ideas in the latest issue of Bachrach, one of the few all-men's catalogs. Many students preferred browsing through catalogs over studying. (Photo by Steph Davis)



Impressed with the styles they see, juniors Beth Fatland and Angela Rickert dicuss the latest in seasonal trends. Magazines were the key source for students to get a grip on the fashion world. (Photo by Tia Nemitz)





After an unsuccessful day at the mall, senior Amanda Jones chooses to phone in an order from the clothing catalog American Eagle Outfitters. Jones found catalog shopping convenient as well as fun. (Photo by Tia Nemitz)

Dressed and ready for the game, seniors Robyn Renz and Tara Hensley express their school spirit. Renz's sweatshirt was ordered from J. Crew particularly because of its orange and black colors. (Photo by Steph Davis)





During a study break, freshman Missy Yungclas looks at the newest Tweeds catalog, while freshman Asheley Holscher continues to study. Catalogs acted as an escape from school work for many students. (Photo by Tia Nemitz)

ighting Boredom

Community events provided summer activities

-Karen Heggen

"I've been helping out with

Special Olympics for about

four years; last time we

-freshman Dana Paterson

dressed up as clowns."

"I'm bored" is a phrase often too familiar to parents. Complaints of nothing to do are widespread during summer vacation. Unknown to many bored students is the possibility of community involvement.

The community and local businesses encouraged teen involve-

> ment in local events and in setting up parties like Summerfest.

"Summerand organized tainment," junior said. "I originally

went to an organizational meeting with a friend because she didn't want to go by herself, and I felt it was a worthwile project."

Students found out about different summer activities through felt that I should," sophomore Eric friends and school.

"Denise Denton came to my skills class at the middle school and asked for volunteers for Summerfest. I had been to Summerfest before and it made me feel important to organize something a lot of people went to," junior Elizabeth Holder said.

Students were also encouraged to compete in the lowa Games, held annually in Ames. These events gave them a chance to compete with athletes from across the state.

"I've been competing in it (lowa Games) since the first one. Competifest is a youth run tion was hard because there were other state-ranked athletes competfestival to pro- ing. Overall, I did well; I competed in mote drug and al- four events and medalled in three," cohol free enter- senior Chris Nelson said.

These summer competitions Michelle Dietz also served as preparation for upcoming athletic seasons. Many members of the Ames cross country team competed in the locally organized race, Midnight Madness.

> "The rest of the cross country team was running in the race, so I Martin said.

But sometimes students chose to volunteer as an alternative to competing.

"I started out competing, but then I pulled a muscle and I couldn't hurdle or high jump, so I became a volunteer setting up hurdles for the lowa Games hurdle races," junior Niki Nilsen said.

Volunteering didn't have to be a one-time event during the summer either. Community involvement could be continuous.

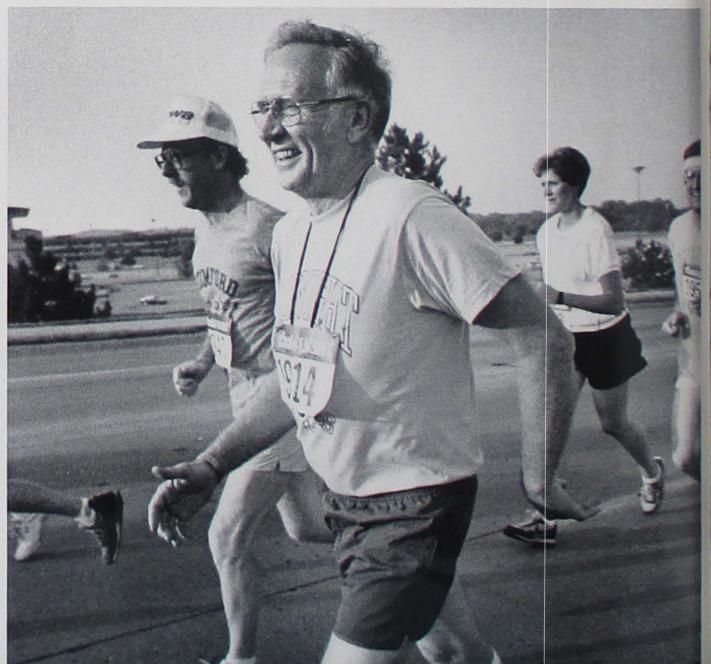
"I've been helping out with Special Olympics for about four years now; last time we dressed up as clowns," freshman Dana Patterson

Community activities provided students with entertainment, while helping others and improving themselves ... and they kept students from complaining about having nothing to do.

Managing to maintain a smile while keeping pace, AHS principal, Dr. Ralph Farrar, expresses an effort to stay fit at Midnight Madness July 8. He completed the race, placing 850th. (Photo courtesy of Roman Lynch)



Congratulations are in order as Patricia Smith receives a second place ribbon from a volunteer judge. She earned the ribbon by competing in the front crawl during the Special Olympics held in Marshalltown. (Photo by Mary Wauson)







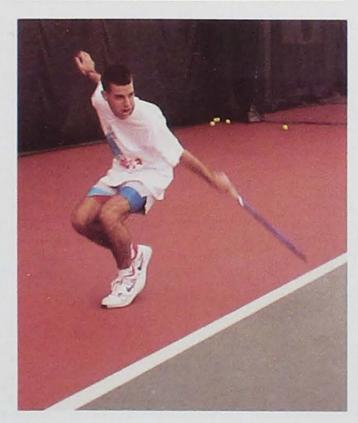
Preparing for Summerfest, freshman Christine Willard, sophomore Robert Gooch-Peterson and freshman April Fatka fill balloons to give away in Brookside Park. Parts of Summerfest were also held on Main Street. (Photo courtesy of YSS)

Reviewing her lines, junior Claire Haws gets ready to make a public announcement on the Ames radio station, KCCQ. Announcements such as this helped publicize Summerfest, held July 15 and 16. (Photo courtesy of YSS)

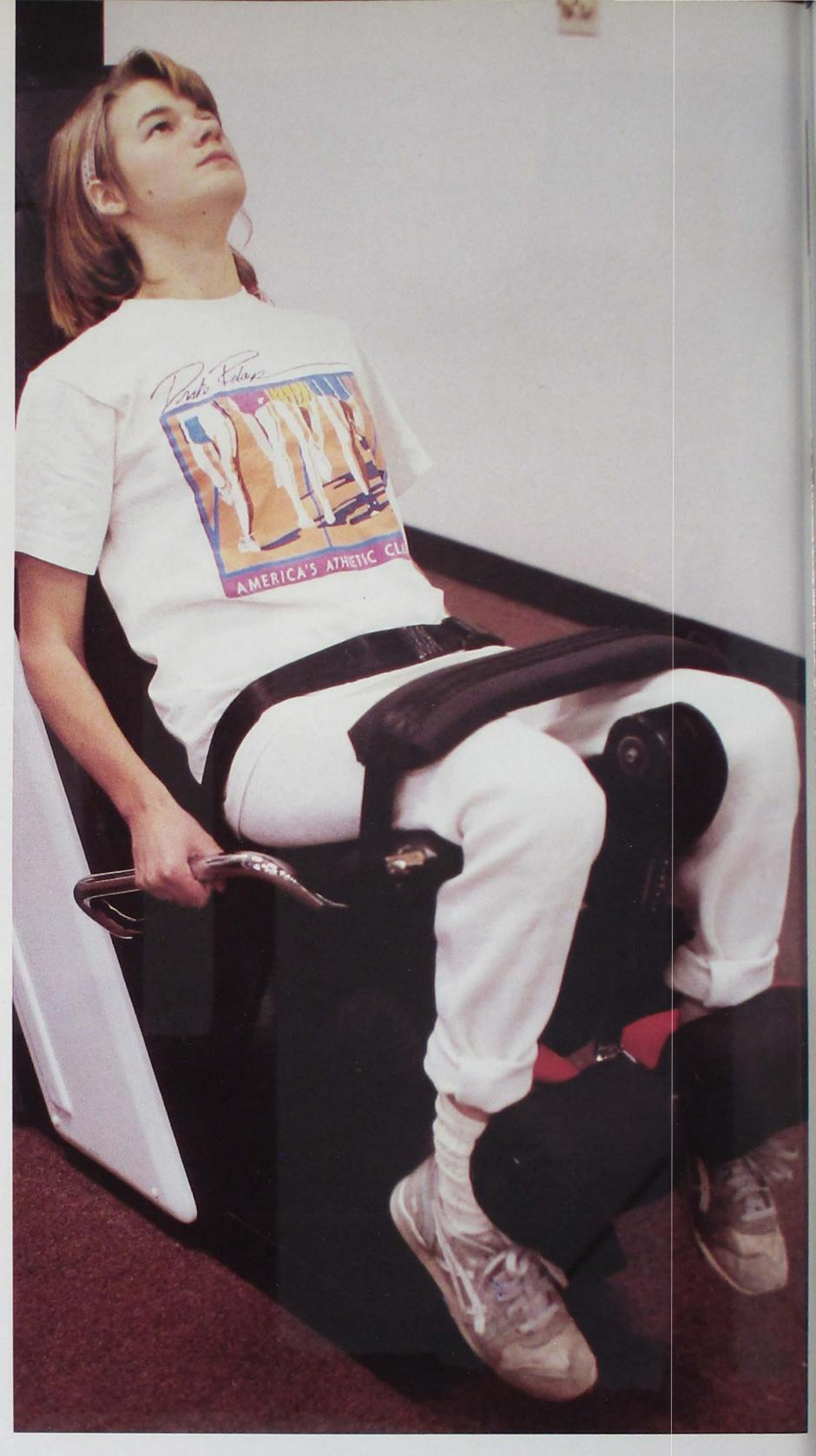
Many students used fitness centers to stay in shape when they weren't involved in a sport. Sophomore Alison Campbell works on the Nautilus machine to keep her legs strong for the upcoming track season. (Photo by Staci Dooley)

Stepping her way down the road to fitness is sophomore Jennifer Remsburg. Stairmasters allowed students to set their own courses according to how hard a workout they wanted, and were the latest rage in exercise equipment. (Photo by Staci Dooley)





Stretching for a backhand shot is junior Sam Johnston. Johnston and many other students took advantage of the variety of services offered at Ames Racquet and Fitness Center, including weights and aerobics classes. (Photo by Staci Dooley)



weating It Out

Students coughed up cash for bigger biceps

-Steve Wuhs

It seemed to happen over night.

One day, Jenny looked in the mirror and noticed her thighs had ballooned up to three times their original size. Then she raised her arms and was amazed to watch them flapping back and forth in the breeze. Luckily, Jenny found a solution to her prob-

lem at the local fitness center.

A set exercise regimen was the answer for many students besides Jenny. For most, it consisted of four or five workouts a week, but a few people couldn't get enough of

-senior Cindy Harris

"I can keep in shape on my

own. Why would I want to

pay money when I can

work out for free?"

them.

"During the summer, I worked out every day. When I'm in a sport, I go once during the week, and both days of the weekend. I try to go as often as I can though," junior Jami Stiles said.

However, many students had problems getting motivated. For some, having to pay the often high membership fees themselves was a major incentive.

"I joined Total Fitness Center because I'm not disciplined enough to do something day after day. Since I had to pay for it, I forced myself to go," senior Anne Pepper said.

A set exercise regimen was outrageous, and found working out
the answer for on their own a viable alternative.

"I can keep myself in shape on my own. Why would I want to pay money if I can work out for free?" senior Cindy Harris said.

five workouts a Another option for these health week, but a few gurus was the AHS weightroom. People couldn't Nautilus machines and free weights get enough of were attractions in addition to the absence of a membership fee.

"I go to the AHS weightroom because it's as nice as the other centers, and you don't have to pay money. I also know everyone that goes there, and the atmosphere is a lot nicer," senior Brian Pattinson said.

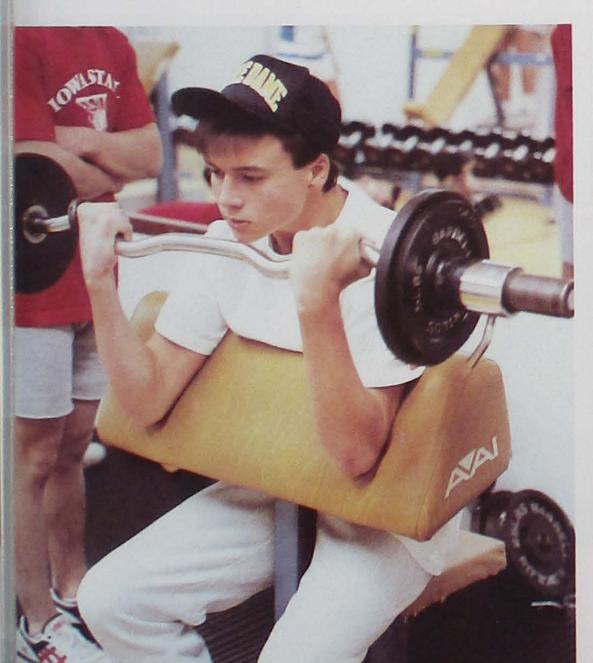
But for those students who did choose to cough up the money, there was still the question of which club to join. Facilities and services offered were two deciding factors.

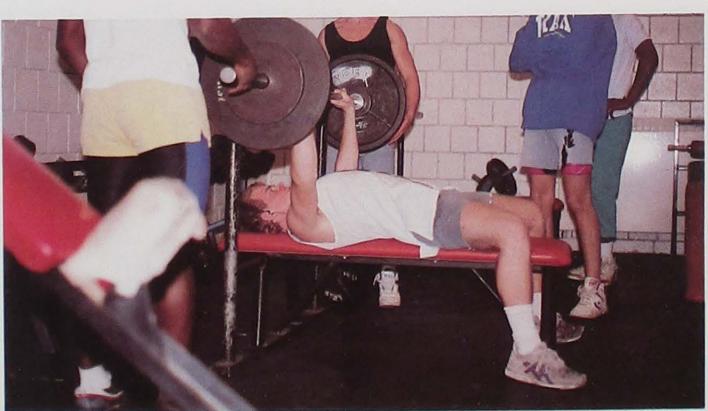
"I entered a tennis tournament at the Ames Racquet and Fitness Center, and I was really impressed by their equipment. I pestered my parents until they finally let me join," freshman John Tannehill said.

Other fitness freaks chose more creative methods to get access to the centers. Mooching off friends, and even employers, sometimes entered the picture.

"I used to go to Ames Total Fitness Center, but it got expensive pretty quickly. Now I just go with my managers from work as a guest," senior Brian Peter said.

So five times weekly, Jenny donned her spandex tights, Nike T-shirt and Reebok crosstrainers with countless others, determined to build up her biceps and firm up her fanny.





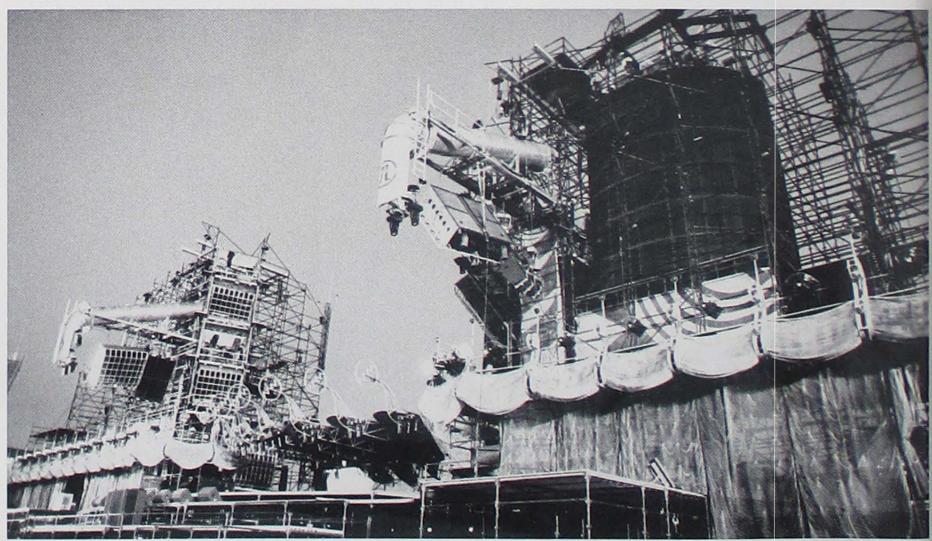
Ames Total Fitness Center was where sophomore Spencer Villwock chose to do his daily workout. For Villwock and many others, working out was a chance to improve himself while socializing with his friends. (Photo by Staci Dooley)

His friends stand dumbfounded as senior Ken Doran maxes out in the Ames High weightroom. Doran and many other students were attracted to the weightroom because there were no fees charged. (Photo by Steve Wuhs)



Playing to an enthusiastic crowd at Hilton Coliseum, The Beach Boys lead singer, Brian Wilson, sings such nostalgic tunes as "Little Deuce Coupe," "Help Me Rhonda" and "Surfin U.S.A." (Photo courtesy of The Daily Tribune)

A massive stage for the Rolling Stones' Steel Wheels tour was constructed a week before the Oct. 7 concert. It featured blown up "Honky Tonk" women, a futuristic light show and a sound system that was heard throughout Ames. (Photo courtesy of The Daily Tribune)



ump Back!

60's music comeback created new group of fans

-Jennie Pelz

"Nostalgic rock is true rock

and roll. The popular mu-

sic these days all sounds

the same; it has no unique-

-senior Brian Pattinson

ness or originality."

Thousands of people dressed in concert t-shirts, headbands, and tie-dyes packed the lowa State football stadium October 7. They were waiting in anticipation of one of the world's most famous bands . . . The

Rolling Stones.

The Stones were one of the many nostalgic groups that visited Ames, profiting from new found interest in their music.

Many Ames High students found themselves tuning in to nostalgic rock

and tuning out the Top 40.

"Nostalgic rock is true rock and roll. The popular music these days all sounds the same; it has no uniqueness or originality," senior Brian Pattinson said. This originality was just one of the many things students preferred about sixties music. They also liked the social conscience the music often contained.

"Sixties music has more of a message; many of today's musicians only sing about sex," junior Kim Oldehoeft said.

Students also felt that sixties musicians were less materialistic, putting more of an emphasis on the lyrics than on the amount of success they could achieve.

"They actually cared about the music they made. Today's musicians only care about the money," sophomore Ryan Windsor said.

There were many different nostalgic groups that enjoyed comeback success. Like the Stones, the Beach Boys and Chicago had concert dates in Ames last year. Albums by Aerosmith, Paul McCartney, and Billy Joel all topped the charts.

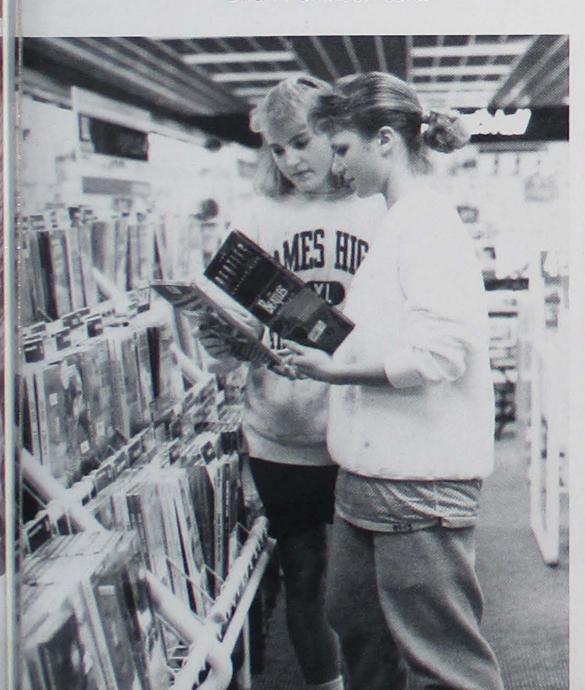
Other sixties artists, such as The Who and Led Zeppelin, reunited and found they still had popularity with teenagers.

"I buy Led Zeppelin records because I love the fast beat; it's music I can go crazy to," sophomore Brian Sutton said.

Some popular radio stations even changed their formats to incorporate the rising popularity of sixties music. FM 103 KDMG played sixties and seventies music and was a favorite station among sixties fans. FM 95 KGGO, which generally played popular rock and roll, reserved their Sunday mornings and weekday afternoons solely for nostalgic rock.

"KDMG and KGGO are the best because they play more nostalgic rock than other stations that just play Debbie Gibson or Tiffany," freshman Jennifer Shierholz said.

Whether students were hard core nostalgic rock lovers or just enjoyed going to the concerts, old time rock and roll definitely made a comeback at Ames High.





Glancing through the selection of rock compact discs at Musicland, juniors Jami Stiles and Julia Ford are surprised at the amount of music from the sixties era that stock the shelves. (Photo by Laura Zachary)

Sporting nostalgic t-shirts featuring The Grateful Dead and Aerosmith, seniors Paul Clausius and Kurt Akkurt visit during a free period. The groups were two of the many artists that staged comebacks during the year. (Photo by Laura Zachary)

igh Spirited

Dance and coronation changes didn't dampen per

-Becky Dill

What do these three people have in common?

- -A hippie with long black hair.
- -A strange man painted half orange and half black.
- -A boy with a pierced ear and a football number shaved into the side of his head.

"Hippie day was a super way for our school to get excited about Homecoming. The nostalgic clothing and mood in the school really gave us a unity amongst one anoth-

-senior Garth Dolphin

No, they're not quests

on "Geraldo." They're students showing their spirit durcoming week.

The week consisted of a variety of spirit boosting activities, ranging

from window painting to special theme days held each day of the

Hippie day gave students the chance to deck themselves out in tie-dyes and helped students get in touch with the flower child in each of

them.

"Hippie day was a super way for our school to get excited about to the week's events when coro-Homecoming. The nostalgic clothing and mood in the school really gave us a unity among one another," senior Garth Dolphin said.

Like past players, many members of the varsity football team got psyched by letting themselves be poked and sheared for the big game on October 12.

"I pierced my ear and shaved my head for the game. Doing this helped pump me up for the game ing Home - and influence the competition," junior Tate Womack said.

> Along with the football team, some students also decided to let their school spirit shine through.

> "My friends and I sprayed our hair orange and black for the game. We all really wanted to show our Lil' Cyclone spirit," freshman Hillary Firestone said.

But shaved heads and orange hair weren't powerful enough for Ames to have a Homecoming victory. Ames lost to the WDM Dowling

Maroons 36-8.

An unexpected change came nation and the annual pep assembly were combined into one program. Seniors Brian Krausman and Dawn Ricketts were crowned Homecoming king and gueen.

Like the change in coronation, the Homecoming dance also saw changes. The dance, usually held on Friday after the game, was held Saturday night instead.

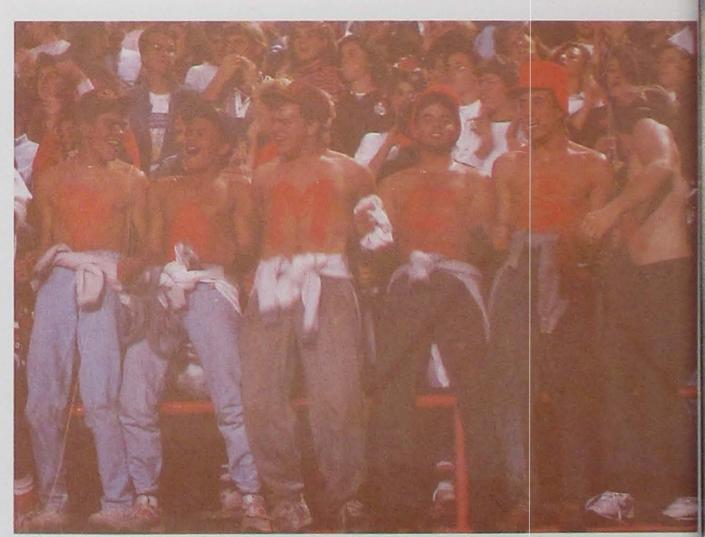
"Although the dance was really boring, having it on Saturday really helped give couples a chance to go out to eat before the dance." sophomore Joanna Pelz said.

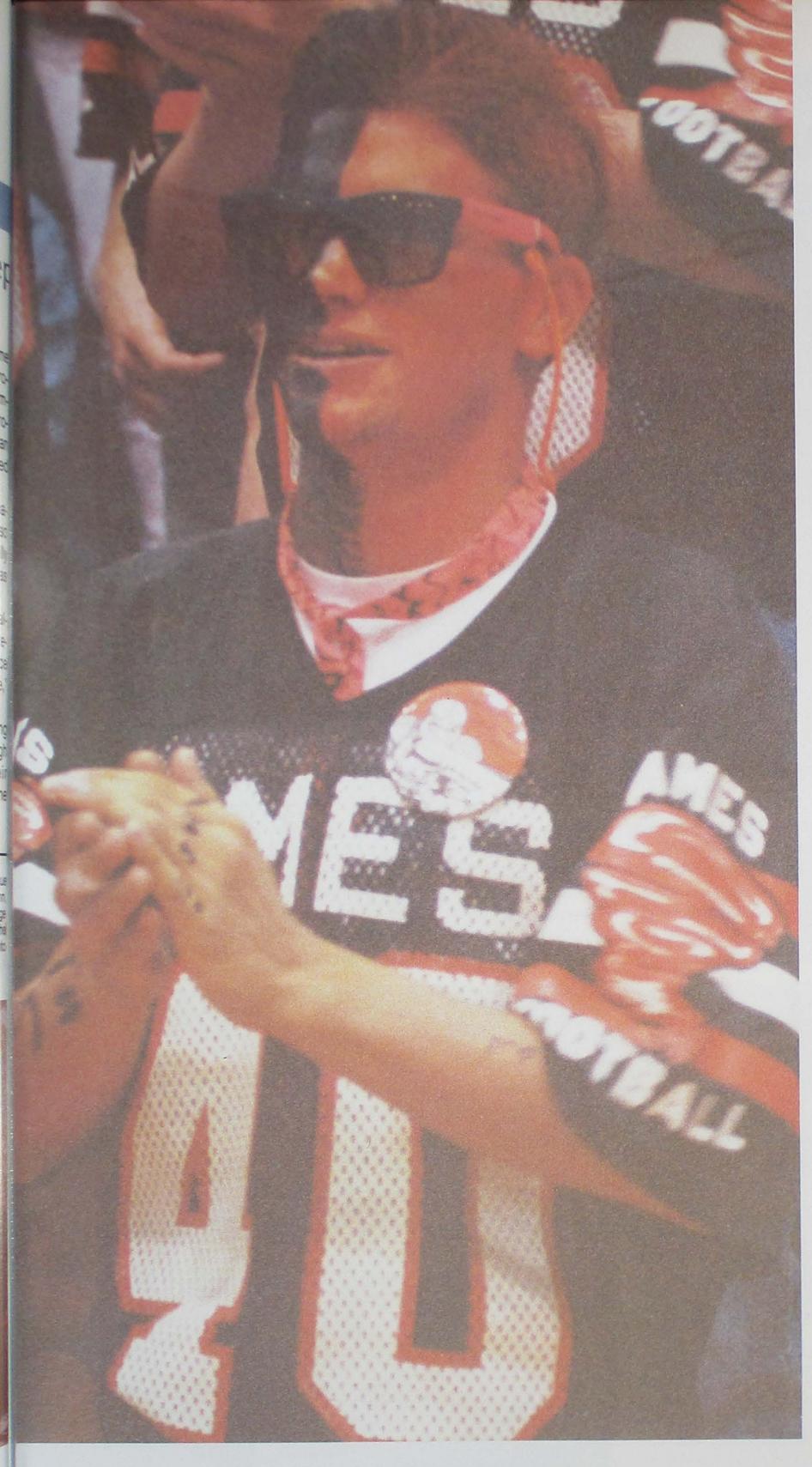
Even with the changes during Homecoming week, Ames High students still found it in their hearts to show a little Cyclone spirit.

To show some school spirit in a unique way, seniors Michael Brower, Kon John, Ken Doran, Aaron Overland, Zach Vegge and Brian Peter bared their bods for the sake of the big Homecoming game. (Photo by Steph Davis)



Homecoming Court. Front Row: Tom Friedrich, Brian Campbell, Brian Krausman, Nathan Block, Craig Barnum, Gregg Garn. Back Row: Deb Forssman, Amy Hausman, Dawn Ricketts, Heidi Shierholz, Diane Dubansky, Paige Hoefle. (Photo by Becky Dill)





Cheering along with the crowd, senior Kirk Holder shows his school spirit by letting his true colors shine through. Holder was the only student who felt the need to express himself in this manner. (Photo by Becky Dill)

Reading the daily homeroom trivia question, senior Cindy Harris participates in Hat Day by wearing her Statue of Liberty crown. Both homeroom trivia and Hat Day were activities specially designed for Homecoming week. (Photo by Staci Dooley)





Enjoying each others' company at the Homecoming dance, seniors Heidi Shierholz and Nathan Block take a moment to talk among themselves. They were one of the many couples who found the dance enjoyable. (Photo by Becky Dill)

ove Connection

Teens found dream dates without Chuck Woolery

-Becky Dill

"Cruising the campus town

loop can be really stupid

and boring. You do meet a

lot of people. Unfortunate-

ly, a lot of them are out-of-

-sophomore Emily Olson

town hicks."

"Bachelor number three, if you were a lady's clothing item, what would you be and why?"

After answering this complex and thought-provoking question, the bachelorette would choose her man. Thus began the dream date chosen especially for them.

> It seemed everywhere you looked, people were looking for love, especially students. And they were not looking just for love, but also for innovative things

we headed

to do.

straight to her house to play Nintendo. She read my palms and told me about my future. It was pretty intense," senior Donell Lowe said.

While preparing for a date, one a very well-known lowan. student found he didn't need flowers and expensive candy to impress his

date. Pine-sol and the Dirt Devil Drake Relays). My wife and myself were romantic substitutes.

fect for our date. I knew we were coming to my house to watch teacher Kirk Schmaltz said. movies so I made sure the house Lawler said.

dividuals for their own dating games was by checking them out in cars. Driving around Ames on a man or woman hunt was a popular pastime for some students.

"Cruising the campustown loop can be really stupid and boring. You do meet a lot of people. Unfortunately, a lot of them are out-of-town hicks. But everyone always ends up "I went out in campus anyway, so you stay," with this girl and sophomore Emily Olson said.

> Students weren't the only ones their own. who had innovative dates. Teachers also found good times in preplanned meetings. Science teacher Kirk Schmaltz found himself dining

"My wife set up a meeting for me with Jim Duncan (the voice of the

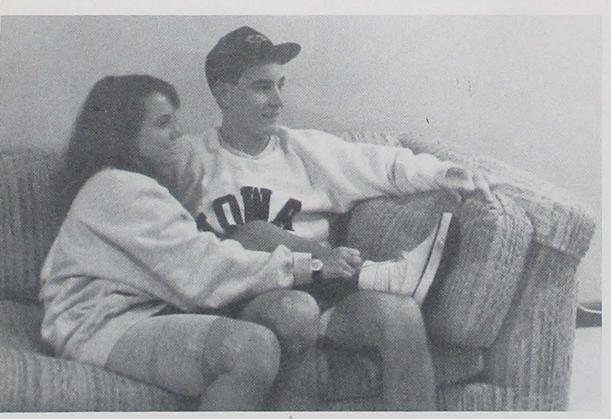
were to have dinner with he and his "I was really nervous about my wife at Living History Farms. The date. I wanted everything to be per- date was a gift from my wife who knew of my great interest in track."

Another dinner date didn't start was spotless," freshman Kevin out that innovative, but turned out very eventful for one student. Her One way students found the in- first date turned out to be a night full of surprises.

> "My boyfriend forgot to make reservations at Lucullan's so we ended up at Village Inn. Then he spilled a glass of pop on the people at the next table. He kept apologizing all night," junior Tammy Ford

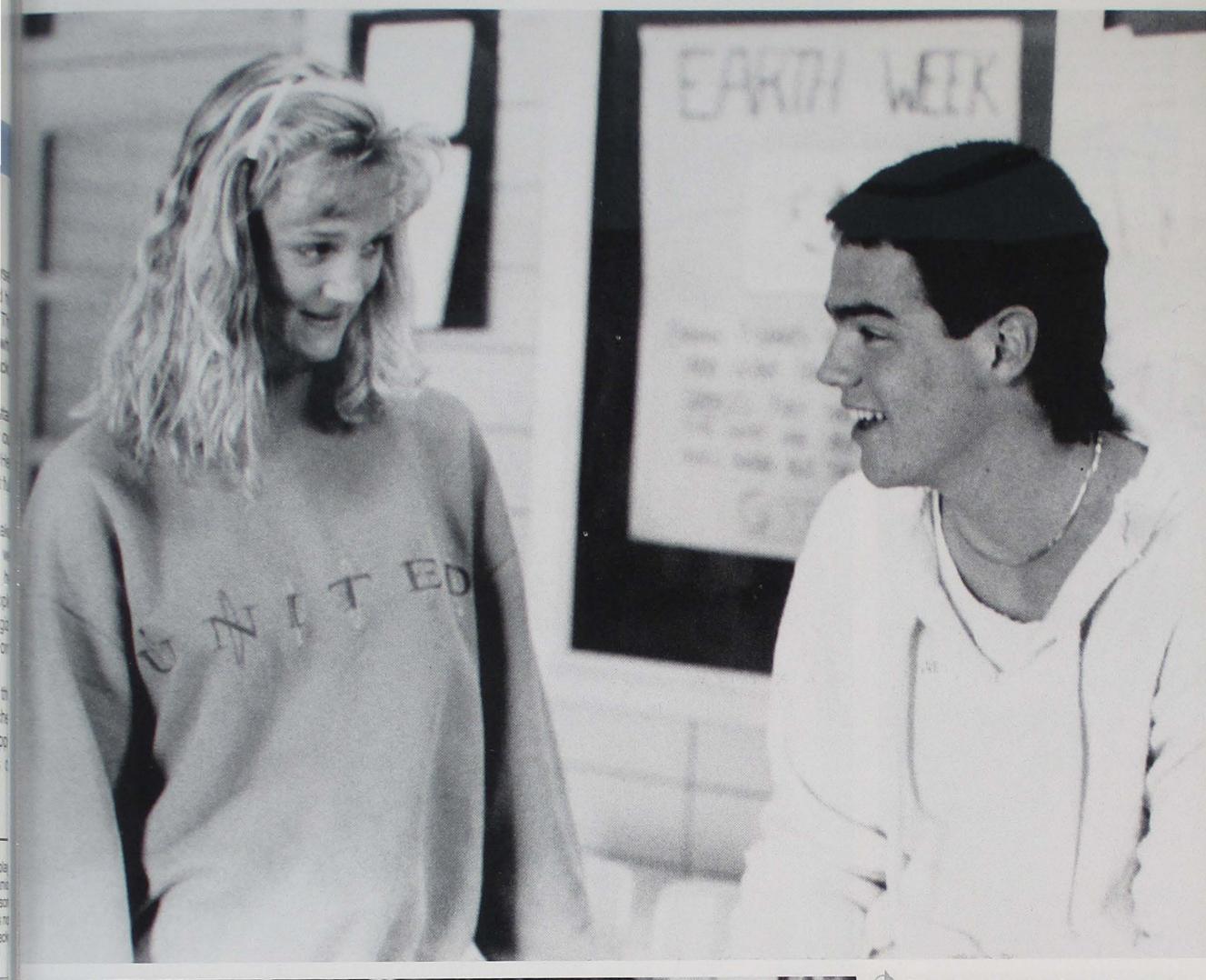
> From Nintendo to cruising the loop, student bachelors and bachelorettes found true love and happiness making love connections of

> Enjoying a rehearsal of the spring play, "Rally 'Round the Flag, Boys!" are junior Brian Gouran and sophomore Wendy Nelson. Attending the play during a rehearsal was not only innovative, but cheaper. (Photo by Becky



Snuggling up on the sofa to watch television, seniors Kara Maehner and Eric Bappe enjoy the video they rented. Many couples found watching movies was about as innovative as they got on weekend nights. (Photo by Becky Dill)







Discussing their plans for the the upcoming Friday night, senior Jason Horras and freshman Leah Uhlenhopp converse in the lobby. Seniors dating underclassmen was a common twist in the dating field. (Photo by Becky Dill)

Visiting his girlfriend at work, juniors John Denning and Addie West take time out to talk to one another. Both Denning and West worked at Hardee's which made dating easy for the couple. (Photo by Laura Zachary)

Taking a break from dancing, sophomore Renee Ripp and her date, senior Kirk Holder, enjoy a glass of strawberry punch. Senior Girls Club provided an assortment of refreshments for the evening. (Photo by Andy Scott)

Snuggling to a slow dance, seniors Suzanne Klonglan and Brian Messenger take advantage of the romantic atmosphere provided by Winter Formal. A DJ played both rock and slow music throughout the evening. (Photo by Staci Dooley)





Jammin' to a fast beat, seniors Angie Brunner and Stacia Madsen enjoy the festivities. Madsen saved money by stopping by the formal to see her friends and then ended up staying for the fun. (Photo by Steph Davis)



weet Affair

Living the good life meant paying the price

-Jennie Pelz

"I like the fact that Winter

Formal lets the girls treat

this time ... it takes the

burden off us for another

-senior Michael Brower

expensive night."

Glittering evening gowns, black ta Jungst said. tuxedos, and red and silver balloons adorned the Memorial Union Sun Room on December 30 for a "Sweet Affair", the theme for the Winter Formal. And yet with all the festivities, Ames High students also had to take

> into account the high cost usually spent on this occasion.

Club annually mal. It was re-

put on the dance.

proximately \$2,500 for Winter Formal. We hosted the powderpuff games, had two bake sales, sold wreaths, and sold tickets to the for- thought it was something different; senior Michael Brower said.

But the \$12 dollar ticket price wasn't the only cost that faced Ames High girls who treated their dates for the evening. Among some of the other costs were buying a new dress, taking their date out to dinner, buying a boutonniere and paying for activities following the dance.

one evening. I wouldn't have gone Senior Girls if I had to pay for it all, but my mom helped me pay for it," sophomore sponsors the for- Amy Ferguson said.

Not all Ames High girls could afsponsible for ford such an expensive evening, so raising all the they found ways to cut their costs, money needed to such as borrowing formal dresses from their friends or treating their "Senior Girls Club raised ap- dates to a candlelight dinner at their homes.

> "Nicole Devens brought up the idea to have dinner at her house; I

mal at \$12 per couple," senior Chris- it sounded fun. We had a candlelight dinner and she paid her brother to dress up in a tuxedo and wait on us. There weren't a lot of people around us so it was pretty romantic," freshman Nick Benson said.

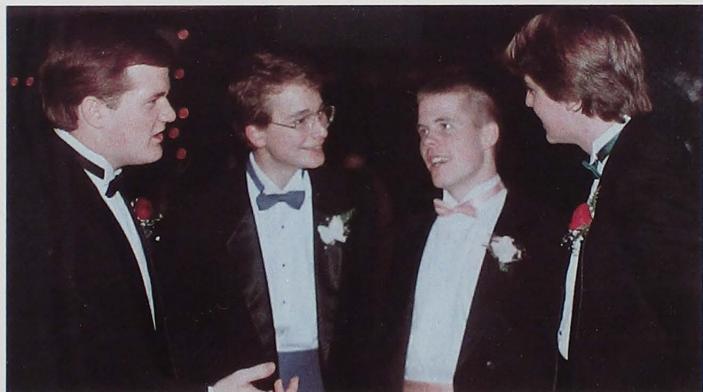
> Another way students saved money was to have their moms custom make their dresses.

"My mom made my dress for "Altogether I spent \$175 for just me; it only cost \$45 and took just a week to finish. It took some extra effort but was worth it because of the money that I saved," junior Heather Callison said.

> Although girls found ways to cut costs for Formal, many guys still enjoyed being treated to a special evening by their dates.

> "I like the fact that Winter Formal lets the girls treat this time; it gives us guys ideas for what to do during Prom and it takes the burden off us for another expensive night,"





Senior Girls Club spent the morning of Winter Formal decorating for the night. Putting the finishing touches on a balloon "candy cane", senior Tami Carmean helps to make the Sun Room look like a "Sweet Affair". (Photo by Steph Davis)

Black tuxedos were the popular style of attire at Winter Formal. Juniors Matt Converse, Marc Wehner, Jay Johnson and Bob Black all sport this look. Many matched their bow ties and cumberbunds to their dates dresses. (Photo by Andy Scott)



Showing their spirit for Earth Week (April 22-29), several students decorated senior Cindy Harris's Volkswagon bus with environmental slogans. Freshmen Kirsten Lassila and Abby Klaas join the demonstration. (Photo by Andy Scott)

During the Environmental Community Clean-Up Day April 29, senior Jill Wall and Principal Ralph Farrar lay some sod. People also planted trees, shrubs, and flowers to help improve Ames High's grounds. (Photo by Staci Dooley)



ocially Aware

Students tackle local and global problems

-Becky Jorgensen

"I just thought it was im-

portant to get students in-

volved because we are the

next generation. We have

to start saving the earth."

-freshman Daniel Patrick

What? You don't have a prom date? You just failed a chemistry test? You're going to have to wear the same pair of jeans in the same week because the washing machine broke?

While these problems seemed

overwhelming, many students realized they were trivialities in the real world. These students took time out of their normal routines to work on problems that not only faced our community, but the world.

From working with the homeless

to writing letters for Amnesty International, students realized the need to help others who couldn't help themselves.

"I work at the Emergency Residency Shelter. I made curtains for the downstairs and for all the bedrooms, and I help with the bookkeeping. The homeless is a big problem and I can't stand to see it, so I'm trying to help," senior Amy Mangold said.

Concerned with making a difference in peoples' lives, several students took an active role through donating blood in the Mary Greeley Blood Drive April 17.

"I tried to give blood, but I could only give half a pint because my veins were too small. I wanted to do this because I'm sure a lot of people need blood," junior Tim Oshel said.

Some students felt it was necessary to get their peers involved in certain causes. Earth Week provided the opportunity to promote awareness of environmental problems.

"I just thought it was important to get students involved because we are the next generation. We have to start saving the earth," freshman Daniel Patrick said.

Many students found specific ways in which they could help to preserve the environment.

"I made a list of things that I can do on my own to help the earth, such as walking or running places instead

of driving. Earth Week is great, but it's something you should continue every week," senior Anne Cheville said.

"Think globally — act locally" was Earth Week's motto and it also applied to Amnesty International.

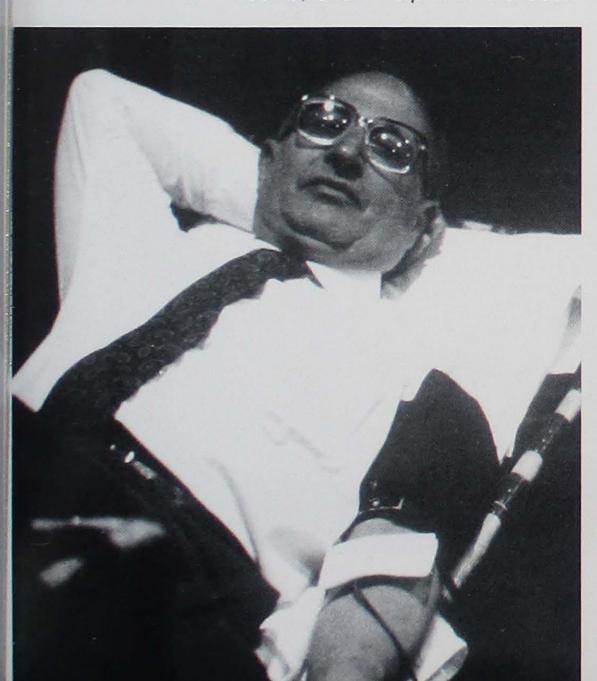
Amnesty International is an organization dedicated to the fair treatment and release of political prisoners all over the world.

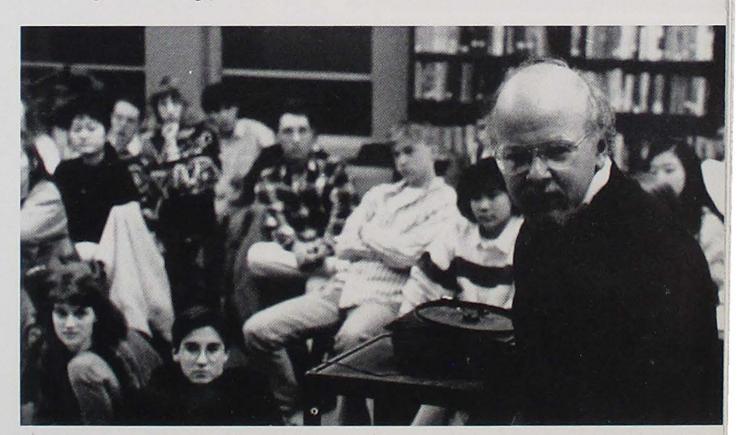
"Meetings are centered around new campaigns and seasonal speakers, presentations, and videos of relevance to the group's concerns," senior Jeff Osweiler said.

Knowing that they could make a difference was an incentive to stay involved.

"It makes me feel better that I'm doing something to help someone else's situation," sophomore Amy Wagner said.

It was not only the environment, but the inhabitants that needed care. By thinking of others' needs in addition to their own, many students made a difference each day of every week.





During the Mary Greeley Blood Drive in the auditorium, Associate Principal William Ripp tries to relax while giving a pint of his blood. Over 250 students and faculty members donated their blood. (Photo by Andy Scott)

Getting ready to show some slides at an Amnesty International meeting, John Donaghy, a priest at St. Thomas Church, tells about human rights in Central America. Donaghy has spent much time in Central America. (Photo by Andy Scott)

it the road

School trips offered experiences and escapes

-Steve Wuhs

"It was a fun way to combine

history, art and a great time

-junior Connie Hsu

- all in one trip."

Learning. It happens a lot of different ways. When the classroom got too dull, students found an outlet. School-sponsored trips gave them the chance to broaden their minds and have a lot of fun doing it.

Among the trips offered were foreign language trips to France,

> Germany and Spain.

learning about a new culture and experiencing a new way of life. my Spanish abilities, I got along okay and had a good time," junior Tia Nemitz said.

The foreign language trips gave the travellers a chance to learn about the culture and history of another country while trying to understand the people surrounding them.

"The first night of my family stay, I was nervous and tired. My

French father asked me several questions in rapid French. I thought he was asking me what I eat for breakfast. But that wasn't what he was asking, because we ended up having spaghetti and scrambled eggs for dinner," senior Becky Moore said.

For the first time, the school slopes. participated in a European stay that took place over the summer. Four "I enjoyed students signed up to tour the sites of Italy, France and England for 15 days with sponsor Kirk Daddow.

"I'm going because I'll never have another chance to see Europe Regardless of for this price, and I've always wanted to go there. I want to see the Louvre, and Shakespeare's birthplace. There's so much to see," sophomore Meghan Sweet said.

> Daddow was also the sponsor of the AP Western Civilization and Art trip to Chicago. The primary focus was a visit to the Art Institute of Chicago.

> "The Chicago trip was a super experience because it applied so much of what we had covered in civilization class. It was a fun way to

combine history, art and a great time - all in one trip," junior Connie Hsu

On the lighter side, the freshman and sophomore ski trips offered the underclassmen a chance to educate themselves in the fine art of schussing gracefully down the

"It was a great time to go skiing for the first time because it was almost everyone else's first time too. You could wipe out and make a fool of yourself, but it was okay, because everyone was doing it," freshman Aaron Burrier said.

School-sponsored trips offered students the opportunity to learn away from the building, but perhaps what students learned best was how to have a good time and take it easy.

The Spain trip gave seniors Sarah Ford and Jill Wall a chance to test their Spanish speaking abilities while guests on a Spanish radio station. They spoke about their trip and their home country. (Photo courtesy of Tia Nemitz)



Snow-soaked clothes hang from the rafters of the ski lodge during the freshman ski trip to Minnesota. Freshman Anne Moutray tries to dry herself off in order to make herself presentable to her friends. (Photo courtesy of Leslie Maze)





The Arc de Triomphe in Paris provides a scenic background for seniors Becky Moore, Ed Jackson and Eldee Baer. It was just one of the many historic sites they visited during the two weeks they stayed in France. (Photo courtesy of Eric Peters)

While taking in the sights of Paris, junior Melyssa Thomas and French teacher and France trip sponsor Sally Schonhorst stop in front of the Eiffel Tower to plan their day's activities. (Photo courtesy of Claire Haws)





Lounging in a Paris cafe, juniors Scott Sundstrom and Jennie Jones watch the entertainment. One of the many activities that the Spain trip students enjoyed overseas was eating native food in restaurants. (Photo courtesy of Sarah Ford)

ust Friends

Guys and girls gain insight through friendship

-Becky Jorgensen

In the movie "When Harry Met Sally," actor Billy Crystal said that women and men could not be friends without their relationship being intimate.

Contrary to his belief, many students found they could build

> friendships with the opposite sex based on mutual interests.

"I got to know Margaret choir. She is not as inhibited about what she talks about. She seems deeper than most guys I talk to," senior Rob Umbaugh

said.

-Frank Genalo

"I have too many female

friends who are supposed

to help me understand

women better, but it just

confuses me."

Others got to be good friends Langston said. by first dating each other.

"In seventh grade I met Toby (O'Berry) and we went out a couple of times, but then we just became friends, which we still are now,"

freshman Jody McKee said.

friendships strong by spending special occasions together.

"For Erin (Block)'s birthday, Jody (McKee) and I took her out to eat, and for my birthday Jody and Erin took me out to eat. Erin and I will take Jody out when it's her birthday," O'Berry said.

Conversation took up a lot of all. the time that these guy/girl friends spent together. Usually it was light, but many times it got deep.

"Scott (Sundstrom) and I talk Lloyd through about anything from religion and college to getting together in 10 years for our class reunion," junior Claire Haws said.

place over the phone.

"I talk on the phone a lot with Fungai Muyengwa. He tells me his girl problems and I help him, and vice-versa," sophomore Tina

Having friends of the opposite sex, for the most part, helped guys and girls understand each other bet-

"I talk to him (Eric Warme) about Staci Dooley)

my problems. Even though we are Many students kept their very different, we get along really well. He helps me understand people better," sophomore Chrissy Spike said.

> "It's good to get the guy's point of view about relationships," senior Gabi Kupfer said.

> For others, getting input from the opposite sex wasn't any help at

> "I have too many female friends who are supposed to help me understand women better, but it just confuses me," senior Frank Genalo

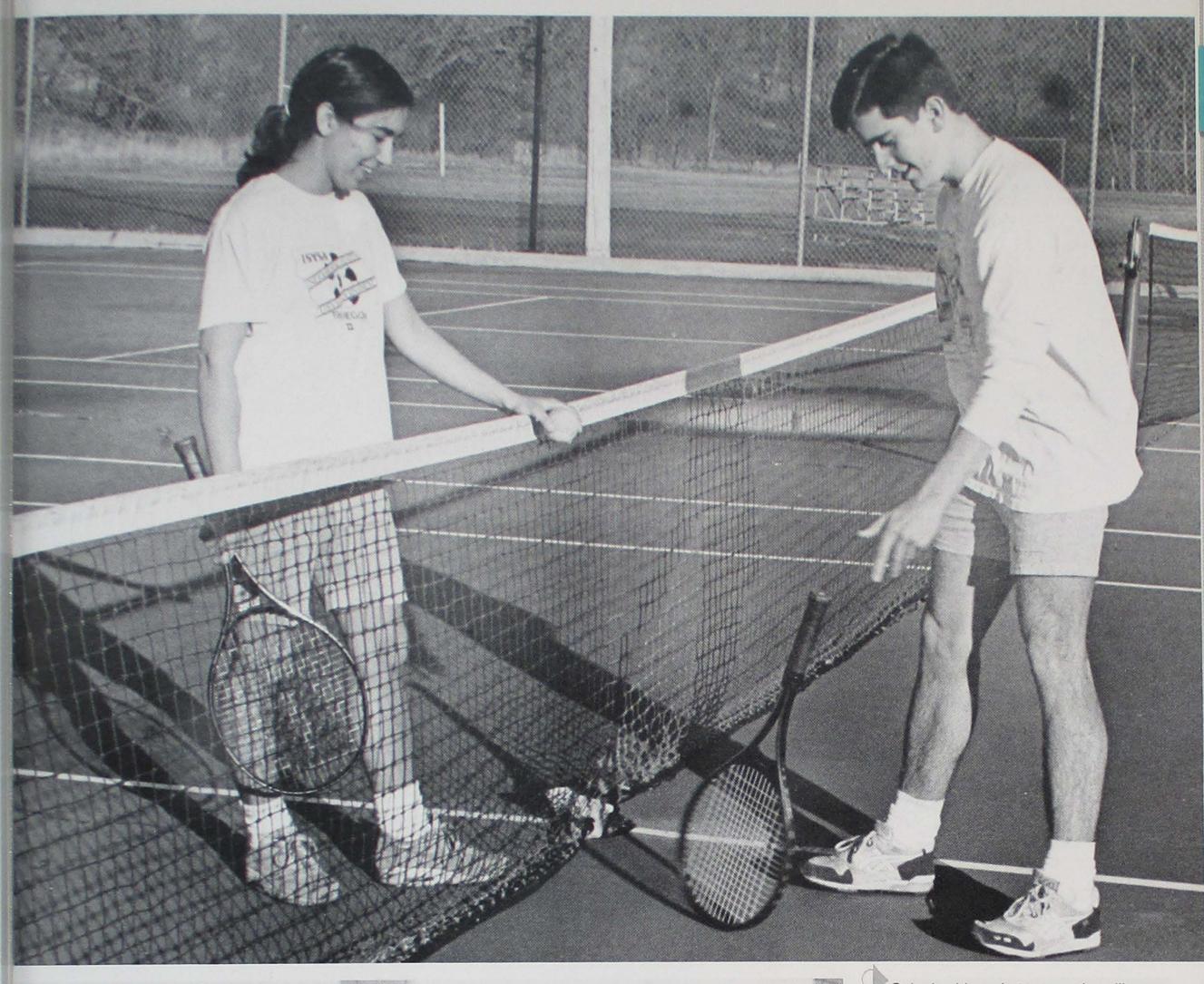
Ames High students proved that the character Harry was also confused in his belief that guy/girl Often the conversation took friendships were impossible. Through these friendships, students not only gained insight into the opposite sex, but, more importantly, they made long-lasting friends.

> Finding a minute to chat between classes, freshmen Jason Miller and Georgia Montgomery meet at her locker. Students often spent this time to catch up on what was happening in each others' lives. (Photo by



Many students gathered at McDonalds during their free time. Senior Tom Friedrich and junior Missy Thomas enjoy the chance to sit down and have a Coke while they discuss their days' events. (Photo by Andy Scott)







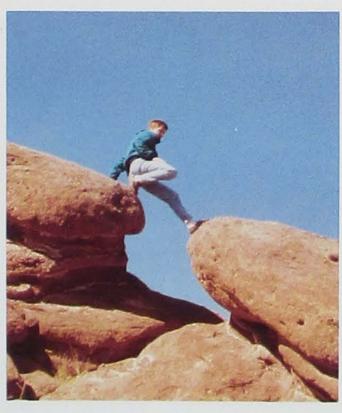
Spinning his racket to see who will serve, senior Steve Wuhs gets ready to play tennis with senior Cindy Harris at Emma McCarthy Lee Park. Tennis was just one way they could spend time together. (Photo by Staci Dooley)

The cafeteria was a great place for students to socialize. During first fifth lunch, junior Bart Fowles and sophomore Holly Forssman have the opportunity to talk to each other since they don't have any classes together. (Photo by Andy Scott)

Skiing in Colorado was one of the most popular ways to spend spring break. Sophomore Bryce Freeman gets ready to hit the slopes in Breckenridge with his brother Londuring a family vacation. (Photo courtesy of Bryce Freeman)

During a family vacation to Hawaii, junior Breann Bruton walks along a beach on Wakiki. Bruton visited sites including the Dole Pineapple factory, ate fresh pineapple, and she also watched cliff diving. (Photo courtesy of Breann Bruton)





Scrambling from rock to rock, senior Jeff Dale gets to experience the great outdoors. Dale had the opportunity to visit the Garden of the Gods in Colorado Springs to try his luck at rock climbing. (Photo courtesy of Jeff Dale)



utting Loose

Students took advantage of their spring break

Becky Jorgensen

"To me spring break

means drunk, sexist frat

dogs on a vomit covered

beach. That is what I found

in the Padre Islands. At

-senior Gabi Kupfer

0.0000

least there was sun."

In China, students go to school almost the entire year with hardly any breaks. Here, students would no doubt be in shock, at the very least, if they didn't receive a spring break.

While some students might take for granted this stress-free week,

> most had special, or at least unique memories of their time away from school.

"My family and I went antiquing. I got an that was from a says, 'Madame Bolanger's

Home for Tigers.

Jong said.

From antiquing to golfing to basking in the tropical sun, students found different ways to take advantage of their spring break. Many thought that hitting the slopes was

the ultimate way to spend their time turned out to be all that students had away from school.

"To me, to check out the snow bunnies and hit the jumps was the sweetest part of skiing in Winterpark over break," junior Scott Ottoson school and be a different person said.

Others stayed in Ames. While these students weren't able to experience exotic cultures, they jumped with excitement over more ordinary things.

"Over break, I can sit outside barefoot and smell the hogs, because I always stay in Ames," senior Amy Jo Smith said.

While students who were in antique key chain Ames wished they could be working on a golden tan or skiing the slopes, whore house. It those who went away found out it wasn't always what it was cracked up to be.

"To me spring break means Good for all night'," senior Tollif De drunk, sexist frat dogs on a vomit covered beach. That is what I found in the Padre Islands. At least there was sun. All I got out of my trip was a catch phrase, 'Let's Padre'," senior Gabi Kupfer said.

Whether or not spring break

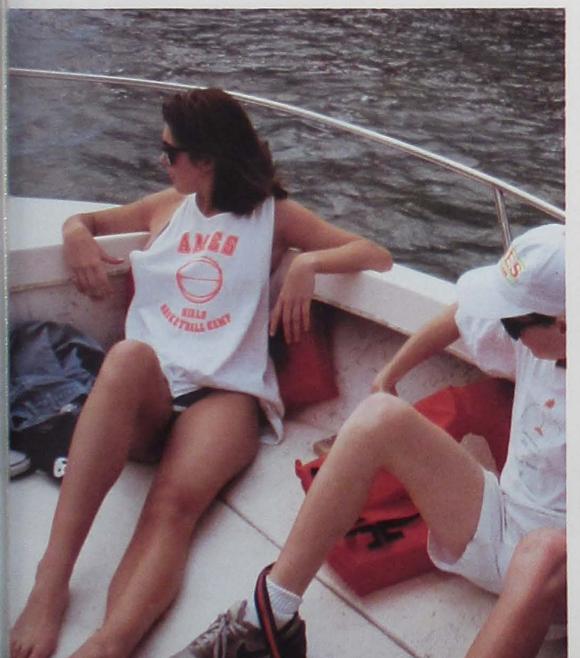
hoped for, it seemed to be a great opportunity to let loose and have

"It's a time to get away from where you are, to have fun with friends and family, and to be on no time schedule," sophomore Kendal Holder said.

Many students left their parents at home and went on trips with just a group of their friends. Besides having the time away from school, a little personal freedom was also appreciated.

"It's great to get away from things and spend time with friends. Six friends and I went to Omaha and stayed in a hotel. It was nice to not have a chaperon," junior Anjali Trivedi said.

The week of March 12 was a care-free time for students to jump moguls, catch some rays, and gear up for the rest of the year. However students spent their spring break, it was a week almost no one took for granted.





Relaxing with her brother on their boat, sophomore Megan Freeburg attempts to catch some rays. Freeburg was one of many students who went south for spring break. She went to Naples, Florida with her family. (Photo courtesy of Megan Freeburg)

Imitating the poses in a painting, seniors Lia Pierson, Anne Pepper, and Anne Cheville experience part of Kansas City's culture. Visiting the art museum was just one stop on their spring break trip. (Photo courtesy of Michelle Hoover)



Upon getting to the bottom of an ice cream cone, senior Jodi Koppes found the cleanest way to finish it off was by popping all in her mouth at once. Koppes' favorite ice cream combination was Daquiri Ice and Rocky Road. (Photo by Becky Dill)

Traditionally, breakfast was time for cereal, milk and orange juice. But instead of putting the milk on her cereal, junior Christy Scott drenched it with the orange juice, even when she was awake. (Photo by Paige Hoefle)



pen Wide

Bizarre fare added spice to ordinary meals

-Jennie Jones

"I put Pace (picante sauce)

on most anything - sand-

wiches, steak, potatoes. I

like Mexican food and

Pace just makes every-

thing I eat hot and spicy."

-junior John Vander Gaast

Grumble, grumble, grumble was heard through the silent classroom; all eyes were on you - and your stomach. Embarrassment crept over your face, but as that faded you turned to the problem of filling that empty cavity.

> And just as each of us are different, the variety of food that popped to mind was just as unique.

have it in the house, leat said. Frosted Mini-Wheats with lots of chocolate syrup and milk. It

has a mushy taste, but I just devour it," senior Valerie McAndrews said.

Sometimes munching on a morsel that was a little offbeat was not by the snacker's choice. Rather, it sprang from the necessity of eating

something — anything.

"I've eaten crickets twice during a hunting course; it was a survival technique for if you got lost in the woods. They don't have much taste, they're just juicy," freshman Greg Elwick said.

always a question of physical survival however. With friends looking on, resisting a less-than-tempting treat wasn't easy.

"When I was a kid in Oregon, eating raw oysters was the cool thing to do. They really weren't bad, "When we but they'd just slime right down your throat," freshman Andy Rozewski

> But plain food didn't appeal to all starving stomachs. So to make it, or anything for that matter, more edible, creative 'chefs' used their own special ingredients.

> "I put Pace (picante sauce) on most anything — sandwiches, steak, potatoes. I like Mexican food and Pace just makes everything I eat hot and spicy," junior John Vander

Gaast said.

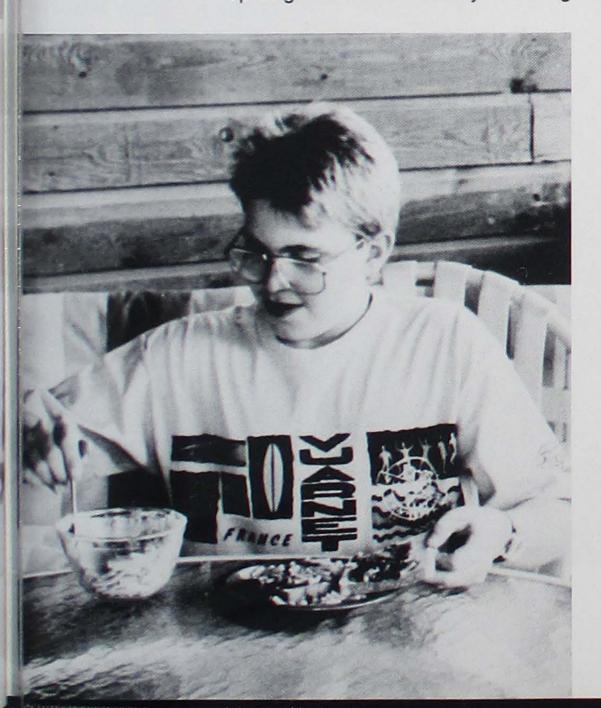
Any foreign food, from Mexican to Chinese, provided a little change of pace at the dinner table. But not all students were into Taco Bell, and their fare was a little more exotic.

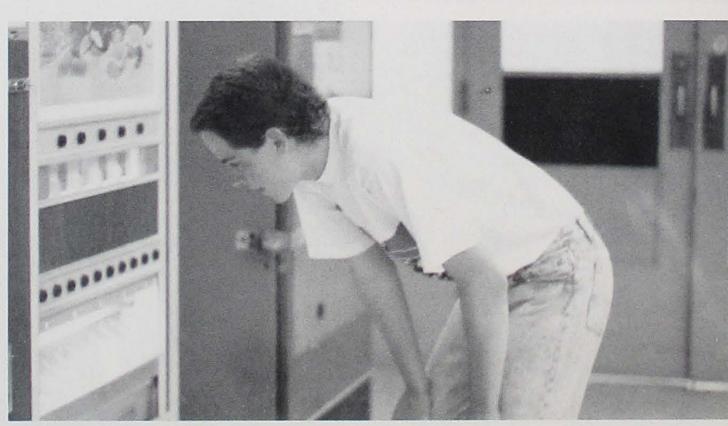
"I first had a vegemite sandwich The food put in mouths wasn't 'in Australia. It's just yeast, salt, water and flavoring spread on bread kind of like peanut butter is used here in the U.S., only we don't have anything like it here," junior Nicki Praty said.

> At certain times though, tradition dictated the menu, and food that was craved had to be saved for a later time.

> "Every year at Christmas I have to eat lutefisk, some fish that Swedish people eat, though I don't know why. It's just gross," sophomore Aaron Lehmkuhl said.

> Whether they wanted it or not, empty stomachs were filled with many foods that seemed indigestible — until hungry 'chefs' put them to the test.





Macaroni and cheese was a favorite quick meal of many people, but freshman Alastair Draper added a new dimension to the dish by spreading it on bread, along with a liberal dash of ketchup. (Photo by Paige Hoefle)

Usually it was in desperation that students turned to the vending machines for food, but sophomore Colin Brennan preferred it. His usual choice was trail mix, an item that never seemed to run out. (Photo by Becky Dill)

ollege Ties

Campus activities linked students to ISU

-Jennie Pelz

With over 20,000 students enrolled at Iowa State, the university comprised almost half of the population of Ames. With this added population, I. S. U. provided a lot of activities and opportunities for Ames High students.

tributions is the faced colorful clowns, huge decorated candy, and could be found

VEISHEA celebration. Funnyfloats, cotton breathtaking upside-down Ferris wheels all during VEISH-

EA.

"Hike to run at the State Gym

because it gets me out of the

weather and I can scam col-

senior David Preston

lege chicks."

And each year during this celebration of spring, the A. H. S. marching band gets the chance to perform in the Saturday morning VEISHEA parade.

"Being in the parade was pretty cool because I got a chance to be on

T. V., but it was too hot and tiring. I almost fainted twice," freshman Bryn Takle said.

Ames with VEISHEA, but it also offered a variety of other activities that students enjoyed. If one was feeling athletic there was always Beyer Hall One of the biggest annual con- for a rousing game of basketball, or there was the State Gym if one felt the need to run on its suspended track.

> "I like to run at the State Gym because it gets me out of the weather and I can scam college chicks," senior David Preston said.

Students also found that there were a large number of summer jobs available through Iowa State, from painting buildings to changing light bulbs in the dormitories.

"My job this summer is mostly preparing the dorms for next year's students," senior Mike Eishen said.

Because of the population I.S.U. added to Ames, it was possible to attract big name artists such as The Rolling Stones, Cher, and Tom Petty and The Heartbreakers. There were also plays like 'Kiss Me

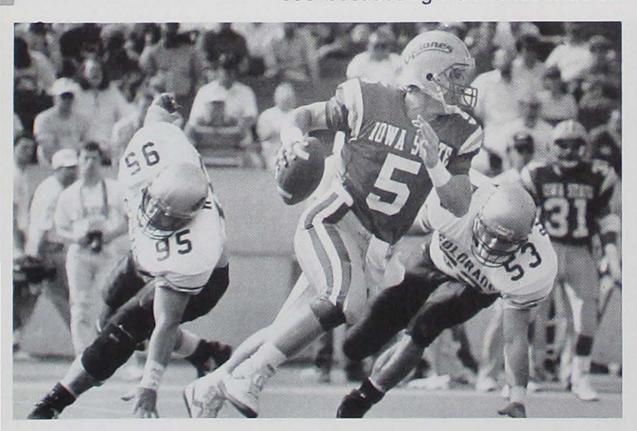
Kate,' a Stars Over VEISHEA or duction, and world-renowned syr phonies. The Maintenance Shop Not only did lowa State provide the Union was a favorite for loc bands or theater productions.

> "I went to 'Jesus Christ Supe star' at the Maintenance Shop; it ha all these really wild costumes an funky sixties music. I liked the fa that Ames can attract such god performances," senior Wendy Str venson said.

> With all the opportunities I. S. U offered, many students found life the corn, Bible and food belt not a boring.

> "It helps, having the college here I mean. We wouldn't have the 'Rocky Horror Picture Show' or oth er attractions that you couldn't fin in other small towns in lowa," soph omore Marc Maehner said.

Marching in the Ames High band for th VEISHEA parade, sophomore Mark Millema plays the trombone. Since the band place first the year before, they were honored b being the first band in the 1990 parade (Photo courtesy of The Daily Tribune)



I. S. U. football games gave students the chance to experience college football, and the A. H. S. football team captains had the opportunity to be ball boys for every home game. (Photo courtesy of The Daily Tribune)





Some students participated in the VEISHEA parade by helping the fraternities and sororities build floats and by marching in the A. H. S. band. But most students just enjoyed watching the parade. (Photo courtesy of The Daily Tribune)

Many students took advantage of the shopping that the Iowa State campus provided. Sophomores Amy Carey and Elaine Powell browse at W Avenue, a popular clothing store for students on Welch Avenue. (Photo by Jennie Pelz)





I. S. U. provided many students interested in sports with two gyms and a brand new recreation center. Sophomore Andy Hagen checks out the facilities at Beyer Hall, which included racquetball and basketball courts. (Photo by Jennie Pelz)

ntraditional

Activities made Prom night an original event

-Beth Fatland

"My date, our group and

I went to the Ledges after

Prom and after we had

changed: At about 1:00 in

the morning we were walk-

ing around in the forest."

-junior Christine Chen

Dinner, the dance, after-Prom party, movie watching - sounds like a generic Prom. But for some, the use of imagination replaced the traditional chain of events. Whether it was a quirk or a planned excursion, inventive ideas made Prom night just a little more memorable.

> "Instead of going to a restaurant, my date, three other couples and I went over to a friend's house and made a gourdates. We had a 10-year-old in a tux serve dinner, and a 12-year-old

play the violin," senior Beth Wollaston said.

Moving to different surroundings for a new perspective or just to get a breath of fresh air often caused a spur of the moment change in plans. The Union provided a variety of activities.

"The dance got really boring with everybody milling about, so we left for awhile and went downstairs to play a couple of games of pool. When we walked into the pool hall everybody looked at us strangely," senior Lanai Byg said.

watched, games and sporting events often found their way into the evening.

"We stopped at a Little League baseball game at Inis Grove Park since one of the people we were with was the coach. When we got out of the car a bunch of people looked at us and yelled, 'Hey look, here comes met meal for our the umpires!" junior Jodi Skaff said.

> One of the goals of some Prom goers was to get away from all of the people, noise and excitement. Parks provided a way to escape the commotion.

> "We really weren't interested in going to the after-Prom party. We didn't think we would win anything. So after the dance, we decided to go hiking through Inis Grove Park," senior Josh Murphy said.

> > A few people couldn't get far

enough away from the restlessness of Ames on Prom night and chose to exit Ames altogether.

"My date, our group and I went to the Ledges after Prom and after we had changed. At about 1:00 in the morning we were walking around in Whether participated in or just the forest," junior Christine Chen

> But some events that created a memorable Prom night didn't require a change of place but attitude.

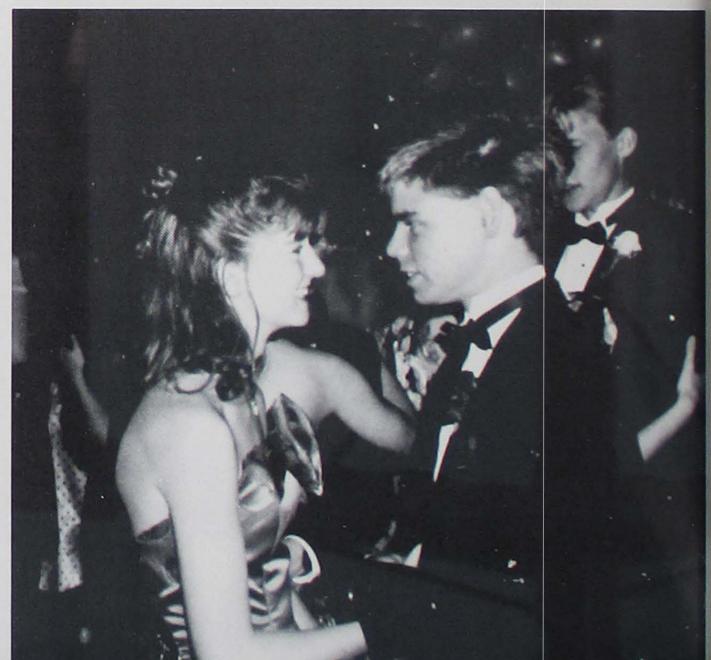
> "One of the people in our group who was clowning around sucked helium and yelled out the window. It was kind of a tension breaker," junior Kari Rosenbusch said.

> Whether variation from the average Prom night was scheduled in advance or just popped up, diversity from the dinner, dance and after-Prom party made the evening exceptional.

> Discussing the evening's festivities, juniors Wyn Huntington and Jeff Brown enjoy each other's company while dancing. The music was provided by System III from Newton, and slow dancing was a favored Prom activity. (Photo by Tia Nemitz)



Trimming off excess metallic fringe, junior Sarah Uhlenhopp prepares the steps for the Prom Queen and King. The Junior Senate spent nine hours preparing the Memorial Union's Great Hall for the night. (Photo by Sam Shearer)







Taking a break from the dance floor, couples engage in a little conversation and enjoy the formality of the atmosphere. Talking and seeing friends was often one of the highlights of the evening. (Photo by Tia Nemitz)

Sitting on the stage and taking a break from dancing with their dates, seniors Stacia Madsen, Jennie Pelz, Teri Pipitone and Amy Morrison converse about their plans for after-Prom party activities. (Photo by Tia Nemitz)

When the structure of the new breezeway was done being built, the workers started on the roof. They spent many days making sure it was waterproof and laying gravel over the plastic layer. (Photo by Andy Scott)

Fourth period classes were disrupted one day by drilling in the media center. Worker finished the electrical system for the new area for the Willson Beardshear students who were integrated into the high school. (Photo by Andy Scott)





Students were warned to stay out of the construction area by this sign in the main hall. Many students had to find new routes to their classes because of the obstructions in the hallways. (Photo by Quentin Crowner)



ace Lift

Construction made way for needed alterations

-Steve Wuhs

"The whole new center is

a neat place, designed and

built with the students' in-

-counselor Bud Legg

terests at heart."

doesn't interest many of us. But this year, the student body became fa- window. Those offices aren't used miliar with it. Throughout most of the year, plywood barriers were built are moved. I want my window back," around the school.

The construction project began

dents. The re- with heat. modeling started these students.

and handicapped

restrooms. Our goal is for them to function closer to you and me," principal Ralph Farrar said.

That move started a chain reaction around the school. The guidance office relocated to the media center. Some students were out-

raged by the loss of the windows Plywood. It's a topic that into the parking lot from the MC.

> "I used to love looking out the for anything now that the counselors senior Rob Umbaugh said.

But the construction didn't stop in late summer to handle the integra- there. When the workers rebuilt the tion of Willson student services center, they also Beardshear stu- added a new breezeway, complete

> "It's really nice now because when the old you don't have to change your guidance area clothes to go to your next class if it's was turned into at the other end of the school," the center for sophomore Matt Welch said.

> In order to make the school "It was more accessible to disabled, a new rearranged into elevator was put in. To work on this three class-project, the breezeway to the gym rooms, a kitchen was closed, and students had to find alternative routes to their PE classes.

> > "I never knew you could get to the gym through that back breezeway. I was always late to Health class because it was such a long walk," sophomore Cari Foote said.

> > > But having to weave one's way

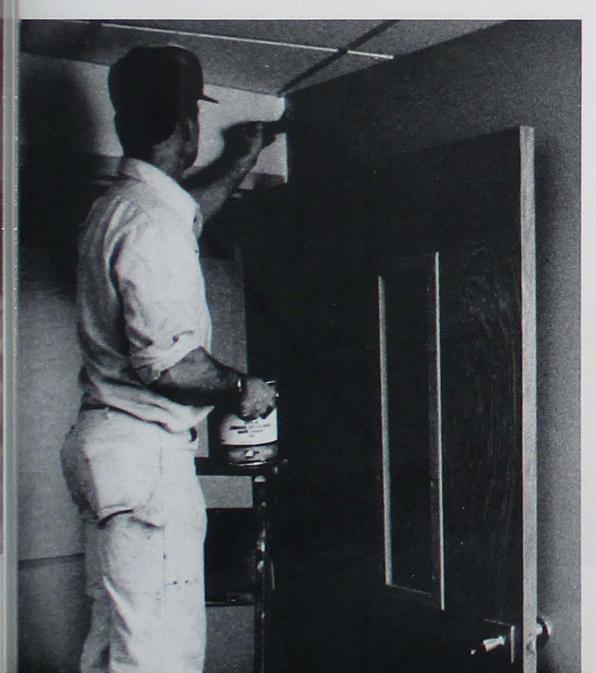
through the fine arts wing was not the only problem construction caused. The back hall was often jammed body to body for the five minutes between classes, and many seniors were dismayed by the ease with which juniors escaped for a lunch at Great Plains.

"Since people were already outside during class, it was easy to sneak out, unless the seniors started screaming 'Out of bounds!'" junior Sarah Uhlenhopp said.

Most students and teachers found that the inconveniences were worth it when the new areas opened.

"The whole new center is a neat place, designed and built with students' interests at heart. It differs from the other one in that it provides a career education center and the confidentiality students need when they come talk to us," counselor Bud Legg said.

While few of us were intrigued by the nuances of plywood, students and faculty agreed that the final products were worth the hassle.





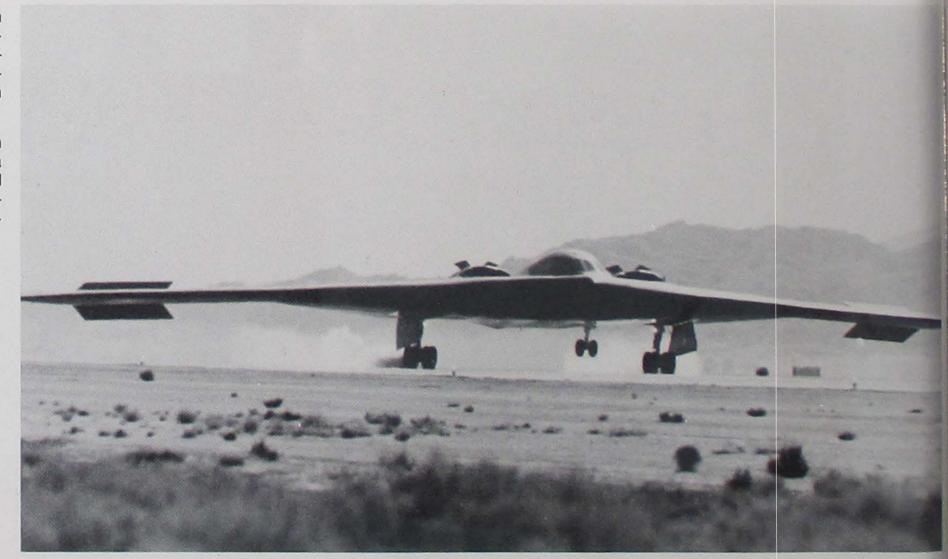
A painter from Winkler and Sons Decorating puts the finishing touches on one of the counselor's offices. The counselors helped design both their offices and the new student services area. (Photo by Andy Scott)

The construction project meant a lot of extra work for everyone, not just the workers. Custodian Vince Simon helps out in the new guidance center unloading the new office furniture and equipment. (Photo by Andy Scott)



After the resignation of the East German communist government, thousands of Germans crowded around the Berlin Wall for several days in November to tear it down. The removal of the wall gave hope for German reunification. (Photo by RM Photo Service)

The Pentagon's \$530 million B-2 Stealth bomber made its debut in July of 1989 in a show over the California sky. Critics claimed that the aircraft, which is designed to be undetectible by enemy radar, was too expensive. (Photo by RM Photo Service)



Iobal News

Politics and natural disasters changed the world

-Josh Murphy

"Events like Tienanmen

Square make it difficult to

call changes in Eastern Eu-

rope irreversible. When

people protest there's al-

ways danger of a back-

-senior Jeff Osweiler

lash."

September — Hurricane Hugo ripped through the southern Atlantic coast killing at least 21 people in the Carolinas and Virginia and leaving 30,000 people homeless in Charleston, South Carolina. The storm, which packed 135 mph winds, caused heavier damage on the

less.

earthquake, measuring 6.9 on Havel president. the Richter scale. The quake killed over 100 people, injured 3,000 and

was named the third most lethal quake in U.S. history. The damage from the quake halted the World Series between San Francisco and Oakland for several days.

November — After 28 years of di- Congress leader Nelson Mandela viding East and West Berlin, Ger- was released from prison near Cape

mans tore down the Berlin Wall following a collapse of the East German Communist government. For several days, thousands of Germans crowded into both sides from which they were formerly divided to celebrate their new independence.

December — Czechoslovakian communist party leader Milos Jakes Caribbean and 13 other Politburo members re-Islands, leaving signed from power after 21 years of 27 dead and repressive rule. Czechoslovakia joi-150,000 home- ned several other countries in Eastern Europe that ousted Communist 39 months by Shiite Moslem ex-October — An governments. The Czechs then elected dissident playwright Vaclav

January - Facing drug trafficking rocked the San charges, General Manuel Noriega, Francisco area. former Panamanian leader, turned himself over to U.S. authorities. The December 20 U.S. invasion of Panama led to the overthrow of Noriega and forced him to seek asylum at the Vatican embassy in Panama.

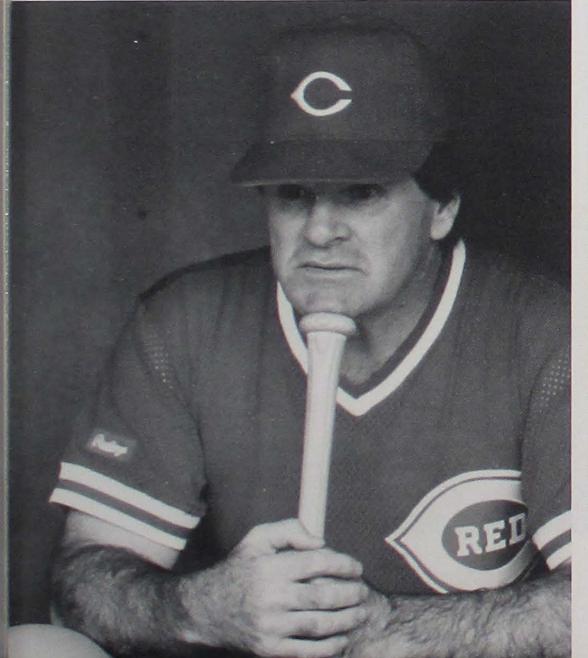
February — After spending almost 26 years in a South African prison, black activist and African National

Town, South Africa. Mandela was jailed by the South African government in order to crush his movement to end apartheid.

March — Exxon Valdez skipper Joseph Hazlewood was convicted of negligent discharge of oil and sentenced to clean up polluted Alaskan beaches. Hazlewood operated the oil tanker which spilled 11 million gallons on the shores of Prince William Sound in Alaska.

April — After being held hostage for tremists in Lebanon, American Robert Polhill was released. One week following Polhill's release, another American, Frank Reed, was also let go, leaving hope that the six other Americans held captive in Lebanon would soon be freed.

May — Two deaths in the entertainment industry shocked the world. Sammy Davis Jr., a 60-year veteran singer, actor and dancer, died on May 16 after an eight-month battle with throat cancer. On the same day, Jim Henson, a puppeteer and creator of the Muppets, died unexpectedly of pneumonia.





Baseball legend Pete Rose, manager of the Cincinnati Reds, was banned from the game for life in August following an investigation which concluded that he placed bets on the outcome of games, including some of his own. (Photo by RM Photo Service)

Thousands of Chinese protesters gathered in Beijing's Tienanmen Square in June of 1989 demanding democracy. On June 4, thousands were killed when the Chinese communist government ordered soldiers to repress the movement. (Photo by RM Photo Service)

ocally Known

Sensational events kept Ames interesting

-Becky Jorgensen

October — In conjunction with National Drug Awareness Week, Mrs. Lonise Bias, the mother of basketball standout Len Bias who died from a drug overdose, spoke to Ames High and Iowa State students. **December** — Over \$10,000 and 42 pounds of marijuana was confiscated by the Ames Police, constituting

"I think it was good the Deases were sentenced to life in prison, but making criminals work menial jobs that no one else wants to do

-senior Doug Bock

seems like a better punish-

ment."

one of the biggest drug city's history.

protesting hate crimes marched at the offices of Iowa State University's president and Ames' mayor. As

many as 100 people went to ask university and community leaders to take action against people who commit hate crimes.

January — Bourns, a company which makes component parts for control panels and integrated circuits, publicly announced the clos-

ing of its Ames parts and manufacturing facility. Over 250 people were left unemployed.

February — After deliberating for two hours, a jury found Ruben Deases guilty of first degree murder for the strangulation and decapitation of 20-year-old Jennifer Ann Gardner, his older brother's girlfriend.

March — Ice and freezing rain hit central lowa, breaking tree limbs busts in the and causing the loss of power to several communities. Ames can-Students celled school for the first time in eight years.

> Scott Duke, a 23-year-old Iowa State graduate student, displayed an American flag on which he had spray painted: "102,621 reported AIDS deaths as of August 1989." Controversy was raised over his use of the flag to publicize the government's irresponsible action with AIDS.

> Stephen Blumberg of Ottumwa was accused of hoarding up to \$20 million worth of stolen rare books in his home.

> The lowa House approved a hate crimes bill that included the

protection of homosexuals. This toughened punishments for physical or verbal violence against people because of things such as race, religion, or sexual preference.

April — Like his brother, Edward Deases, 22, was also found guilty of first degree murder for the death of Gardner. His younger brother, John ny Deases, was witness to the murder and testified against his brothers to gain immunity from prosecution.

The Iowa Supreme Court upheld the kidnapping conviction for Larry Seimer and his live-in girlfriend Donna Simmons for the confinement and torture of her son.

May — The Moscow Circus joined the VEISHEA festivities for the first time. This two-hour show featured acrobats, trained tigers, Siberian bears, and clowns. Some members of the I. S. U. Humane Society protested the use of animals in the circus.

During National Drug Awareness week Drug Czar William Bennett spoke out against the use of drugs. One of his stops included a visit to Youth and Shelter Services in Ames. (Photo courtesy of RM Photo Service)



After two years of renovations to the building that had been Ames High School and Central Junior High, the new city hall opened. Over 7,000 people attended the grand opening on April 28. (Photo by Paige Hoefle)





Joining over 300 pro-choice advocates in Brookside Park, junior Krista Heinzig shows her support during the pro-choice rally on Mother's Day. Pro-life supporters stood by silently protesting. (Photo by Andy Scott)

Testifying at his own trial in February, Ruben Deases explains how his brother Edward strangled Jennifer Ann Gardner with a belt. Both Deases brothers were found guilty of the first degree murder of Gardner. (Photo courtesy of The Daily Tribune)





McFarland Park was only one of the areas that was covered with sheets of ice from the March ice storm. Trees, weighted down by the ice, lost many branches, and the clean-up of the debris lasted around six weeks. (Photo by Andy Scott)

utta Here

The first four year class finally said goodbye

-Jenni LaVille

"... because we were the

first class to be at high

school for four years. I think

it has a lot of meaning, be-

cause it was like an experi-

ment and we made it work."

-Jennifer Folkmann

Graduation usually brings a few tears to seniors, and the class of '90 was no exception. But besides the tears, there was also much happiness and relief.

"Getting my diploma felt great, because now I can do whatever I want, whenever I want without

> worrying school poliland said.

The count- Jeff Dale. down to gradulonger than previous years, because this

class in over 50 years to begin high school as freshmen.

"It was really nice to be acknowledged, because we were the first class to be at the high school for four years. I think it has a lot of meaning, because it was like an experiment and we made

it work," senior Jennifer Folkmann said.

So after four years, graduation parties began early. Seniors had large parties attended by hundreds, or smaller open houses.

"I want people to remember our senior year as being a lot of fun. So by having a big party at Beamers, I think the memory will stay with peoabout all the ple," senior Jennie Pelz said.

Commencement was held at cies," senior Hilton Coliseum June 4, and speak-Aaron Over- ers included Becky Jorgensen, Deborah Forssman, Nathan Block, and

"Time for reflection", a slide ation seemed show accompanied by music, was presented by School Board President Carolyn Jons. It featured pictures of seniors from before prewas the first school through the senior picnic.

> "I know a lot of my friends cried through the entire ceremony, but I think it's more sad for others to watch us grow up and go on than it was for us to actually be doing it. It didn't even seem real to me," senior Jean Clem said.

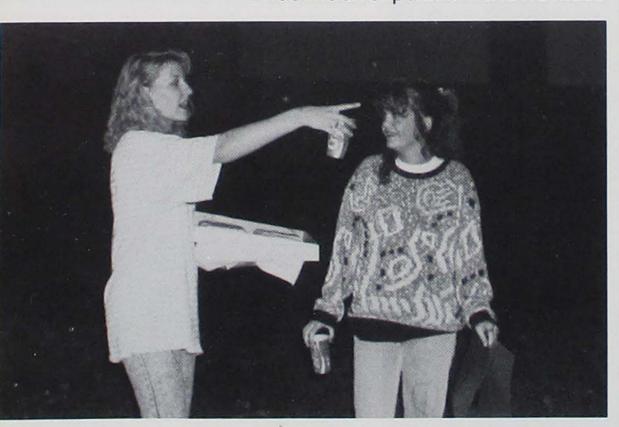
But graduation was a reality. It was the end of high school, bumming around, and doing nothing all day on a snow day.

"I loved the feeling (of graduating), because it will be great to live my own life. I won't miss school, but I will definitely miss all my friends. But there's a time to move on, and this is it," senior Sally Metzger said.

The time came and cheers were heard as streamers and beach balls flew through the air. The seniors had earned the respect of their families. teachers, and peers, which was illustrated when Dr. Ralph Farrar said, "It was the right thing to do, to have the ninth grade move up to the high school, and you were the right group to choose."

That "chosen" group walked out of Hilton not only with diplomas, but an entirely new feeling of freedom.

Friends and family watch as beach balls, streamers, confetti and hats are thrown in to the air by graduates. The ex-seniors shouted, jumped, and hugged as they awaited more congratulations. (Photo by Kendi Neff)



With hands full, senior Shannon Madsen points out directions to the refreshment table. Madsen's out-of-town friend came to Ames to attend "The Great Escape", a pre-graduation party thrown by over 30 seniors. (Photo by Jenni LaVille)





Coming off stage after receiving his diploma, senior Kon John receives hugs and Hawaiian leis from his mother and grandmother. John's grandmother flew in from Hawaii to see him graduate. (Photo by Kendi Neff)

Shuffling off stage, senior Steve Wohn glances at his diploma. Instead of wearing shoes, Wohn and some friends wore slippers for the memorable night. Traditionally, a few students wear out-of-the-ordinary attire. (Photo by Kendi Neff)





Clutching her brand-new diploma, senior Krista Allen receives an enormous hug. Friends and family were always welcome to join the graduates on the floor immediately following the ceremony. (Photo by Andy Scott)

oughin' 'em up

-Jenni LaVille

blood-thirsty football players as they charged up the field. Unlike varsity or JV players, these brutes were girls. Each team, determined to win, felt butterflies fade as they slammed into their opponents.

The freshman "Raw" team battled the sophomore "Lady Trojans". After a tough game, the freshmen came out on top 7-0.

because I was the one who made the said. touchdown. I think the sophomores really resented being beat by freshmen," freshman Anne Moutray said.

In the second game, the senior "Bahama Mamas" towered over the junior "Babs" 14-0.

a two-handed touch game. Many "Ready . . . hit!" yelled the agreed this was an inconvenience.

"I don't feel that it was fair because there were no clear judgments on who touched who," sophomore Juli Nordyke said.

Some people felt the "touch" a little harder than others.

"During the game, I was pushed very hard. So instead of being a wimp, I hit back. This probably wasn't such a good idea, because "A lot of people were mad at me we got in a fight," junior Cyndie Long

> Both girls in the fight were removed and watched the rest of the game from the sidelines. And players from each team were disappointed in the referee's calls.

"I thought there were many situ-In past years, flags were used. ations in the game that could have This year, the game was played as been handled very differently," jun-

ior Lisa Madson said.

Unlike years before, there were fewer "hit lists". Hit lists consisted of girls' names that were disliked by upperclassmen, who posted the lists in the bathrooms.

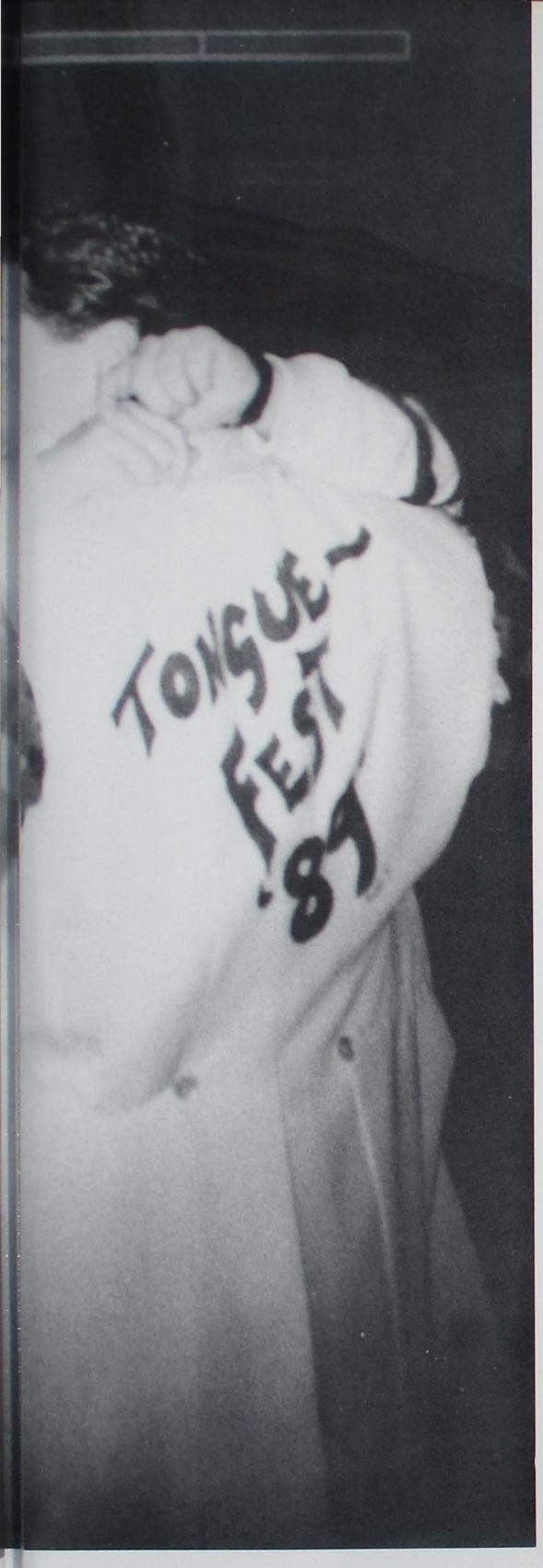
"All of us seniors thought that the hit lists were really stupid and immature, and we didn't want to use them," senior Diane Dubansky said.

So most of the rivalry between teams stayed on the field.

"I was glad that there was less animosity between the teams this year. They played hard, but they kept the violence in check," Powderpuff Official Kirk Schmaltz said.

Some of the senior "Bahama Mamas", Camille Young, Stephanie Davis, Krista Allen, Chantel Jordan, Becky Dill and Tara Hensley, cheer after victory over the junior "Babs" by singing the school song. (Photo by Quentin Crowner)





istletoe ladness

-Andy Scott

As winter break drew closer, students were anxious for the party to end all parties, the Mistletoe tended, as it was the theme of the dance. For many, Mistletoe meant dance. the chance at that special guy or gal or just to have some fun frolicking under the mistletoe.

"Mistletoe is like flies sticking to fly paper! I wish there'd be one every weekend," junior Tate Womack said. tletoe as appealing.

Other students thought that Mistletoe was more unique than any dance, as it offered party conditions not offered any other time.

to get that hands-on learning experi- opinion of the dance. ence that you just can't get in school," freshman Erin Block said.

For underclassmen, the new opportunity was something to explore.

"It sounded like fun. You can just go around and kiss the people you really want to kiss," freshman

Mandy Lloyd said.

Kissing a variety of people appealed to many students who at-

"I went because I enjoy kissing numerous amounts of people; it gives you an idea of what they are like," senior Sally Metzger said.

Other students didn't find Mis-

"I think that it's just sick, just repulsively sick," sophomore Alison Campbell said.

Another student who didn't at-"Mistletoe is a great opportunity tend the party also had a strong

> "It was a crude festation of human emotions," senior Eric Bappe said.

> Although there were some negative opinions about the Mistletoe dance, it proved to be a wise fundraiser for the Student Council, who raised over \$800 for other student activities.

> "If you go to one school party in the year, it should be Mistletoe," sophomore Bona Lueth said.

Helping get everyone into the kissing mood, senior Jamie Hansen sports a Mistletoe jacket he designed himself. Hansen was one of the many students who thought that the Mistletoe dance should be held more than once a year. (Photo by Paige Hoefle)

Sthe Spotlight

Feelings of terror have plagued nearly every performer who has crossed our 680-seat auditorium's stage. "What if I forget my line?" "What if I trip?" "What if I hit the wrong note?" "What if they all laugh at me?" Despite shaky hands and nervous voices, the drama department and choral and instrumental music departments produced some exquisite performances.

Three major theatrical productions were presented during the year: "The Pink Panther Strikes Again", "Dark Ride" and "Rally 'Round the Flag, Boys!" All three plays were directed by Wayne Hansen, but students were given the chance to produce plays for the Senior Directed One Acts, including one written by student director David Andre.

Several other students tried their hands at directing as choreographers in the annual dance show, Terpsichore. The talent and experience gained by choreographing allowed seven dance students to perform with the Ballet Folklorico in Mexico's Yucatan.

Thirteen band members and a cello player also earned the honor to perform with the best as they played with the All-State band and orchestra. In the All-State tradition, eight Ames singers and accompanist Jill Osweiler made the All-State chorus. The chamber choir received a special opportunity to represent lowa with a piece commissioned especially for their final concert by lowa composer Alice Jordan.

With three theatrical productions, five One Acts, Terpsichore, several band and chorus appearances, and the first orchestra concert in over eight years, nearly everyone had a chance to perform in the spotlight.



Concentrating on her piece, senior Jill Osweiler plays a solo for the Ames Chamber of Commerce Business Fair. Osweiler also accompanied the Concert Chorale. (Photo by Andy Scott)





Eyeing his music during a concert, senior Stuart Penney blows out the base harmony on his tuba. Penney was a member of several bands including the Symphonic, Concert, Marching and Pep Bands. (Photo by Andy Scott)

Showing expression through movement, junior Amy Slater presents the dance she choreographed for Terpsichore. Slater was also one of seven dancers who performed with Ballet Folklorico in Mexico. (Photo by Andy Scott)





Performing in Harold Pinter's play, "The Room", junior Dave Abelson and senior Becky Jorgensen argue over an unexpected visitor. The One Act play was directed by senior Val McAndrews. (Photo by Andy Scott)

nique drama

-Tia Nemitz

ut one in your locker, one on your refrigerator and one on your mother's forehead," was a familiar saying to those students involved in theatrical productions.

Practice schedules were handed out at the beginning of each production and were meant to be followed. With all the work necessary,

"If a person skipped practice, I imagine the only consequence was to be kicked out. People take it seriously and don't risk it," senior Maria Groeneveld said.

For many actors and actresses, most rehearsal time went into identifying with their characters.

"We had to put a lot more thought into our characters for 'Dark Ride', but for 'Pink Panther' you knew your character and your lines," junior Ben Jackson said.

"If a person skipped practice, I imagine the only consequence was to be kicked out. People take it seriously and don't risk it."

-senior Maria Groeneveld

there was no time to miss practices. Again", performed November 9-11, was a comedy, whereas the winter play took a more serious tone. Presented January 11-13 and 18-20, "Dark Ride" provided a unique op-

portunity for its cast.

"With 'Dark Ride' you had to think about it; the plot took place in your mind. You had to think more to portray the character and express the theme, or idea, of the play," sophomore Adam Readhead said.

"It ('Dark Ride') was great. We had to develop our characters -"The Pink Panther Strikes there was a lot of thought put into

them. Like Mr. Hanson said, actors dream of being in a play like this," senior Tricia McPeak said.

Not only did the cast put in a great deal of work, but the crews played a significant role too.

"It felt like I was spending my entire life either in the auditorium or the speech room. On an average, I spent two hours a day with crews. I often spent my entire Saturdays working with the lights. stage or video set-ups," senior David Andre said.

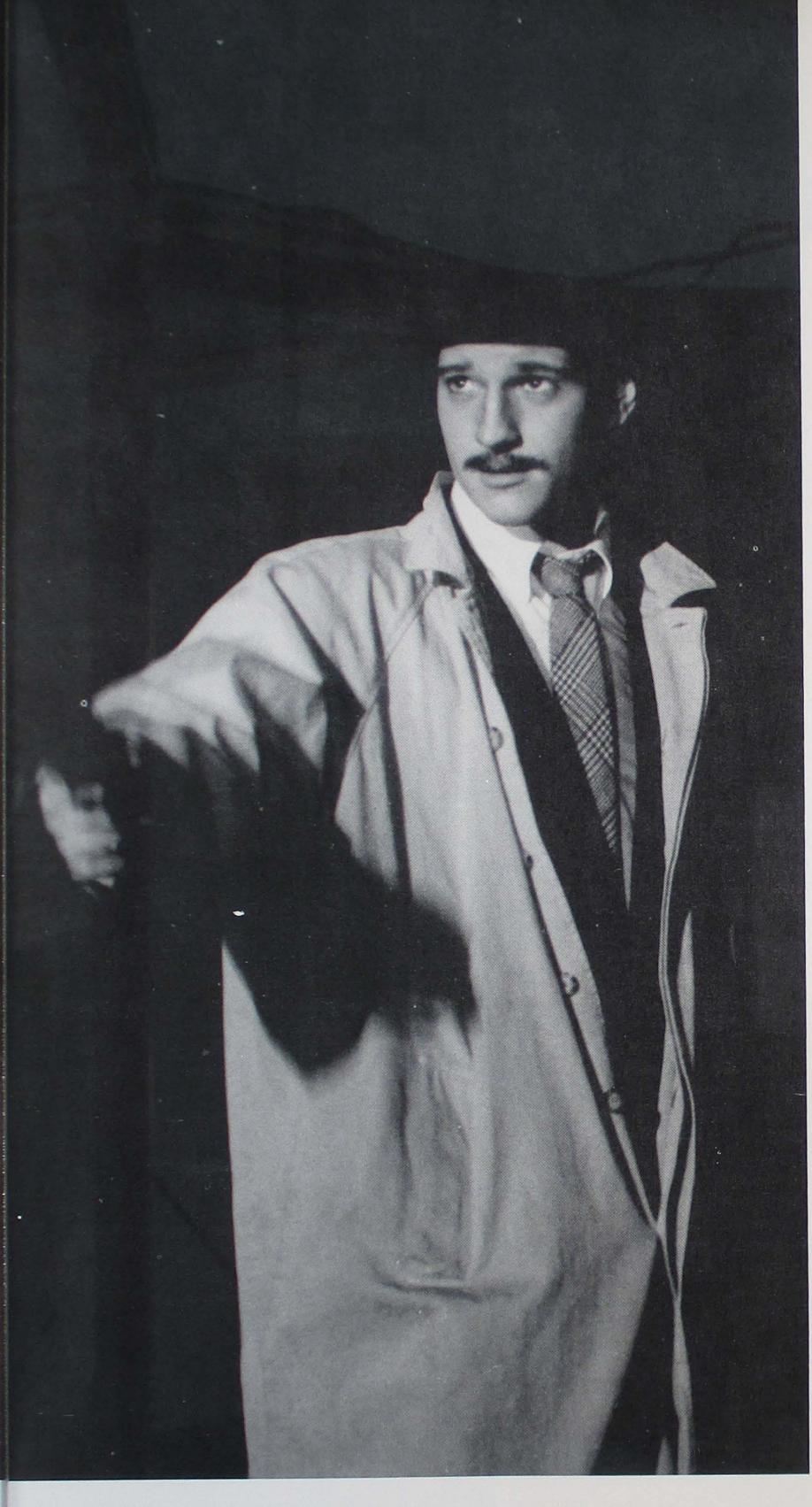
Whether they posted their schedules on their mothers' foreheads or not, cast and crew members managed to make practices and add variety to their performances.

Helping out opening night, senior Gretchen Vogel makes-up senior Cindy Harris's face. The fall play, "The Pink Panther Strikes Again," showed November 9, 10 and 11. (Photo by Andy Scott)



Seniors Eva Bryne and David Andre and sophomore Andy Stevenson work on the set for the fall play. Crews spent an average of two hours a day designing and building sets. (Photo by Andy Scott)

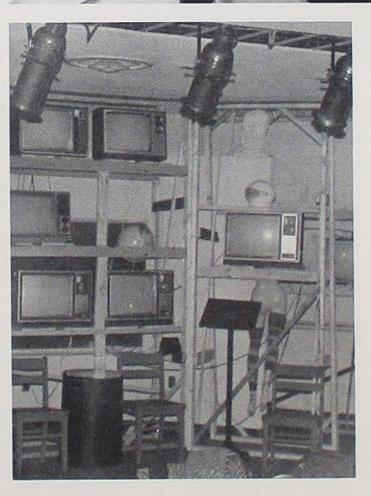




"'Pink Panther' was a fun play to do.
There was a more relaxed, easy-going atmosphere," junior Travis Senne said. Senne played Chief Inspector Clousea, the lead role. (Photo by Andy Scott)

Trying to control her nerves, senior Maria Groeneveld applies her makeup before the "Pink Panther" dress rehearsal. Groeneveld was Thespian president and participated in several plays. (Photo by Andy Scott)





Adorned with metal shelves and televisions, the speech room looked more like a warehouse than a stage for the set of 'Dark Ride'. The play use both live action and video tape. (Photo by Kirstin Born)

Dancers put in months of work for a 60 minute performance

n the lights

-Josh Murphy

he curtain falls and the dancers take their bow amidst roaring applause. The final performance of Terpsichore just ended, but the audience may not have realized all of the work that went into the hourlong dance show.

"There's always a feeling of emptiness that people only see three minutes of something I put six months of my life into," senior choreographer Mignon Iber said.

For the choreographers, work on Terpsichore began back in August. Each choreographer was required to come up with an original dance by December which took up to 30 hours to create.

"There is so much more of a commitment involved in being a choreographer. After everyone else goes home, we're cleaning up and handling ticket sales," junior chore-

"There's always a feeling of emptiness that people only see three minutes of something I put six months of my life into."

-senior Mignon Iber

ographer Amy Slater said.

All of the dancers had a lot to learn in a short time. Only three practices were held following tryouts. During the final week before performances, known as "tech week", practices were held every of her native country. day.

"Tech week can be really stressful. Everything must come together because performances are only a few days away," junior Missy many friends," Drzymala said. Thomas said.

Some dancers who had taken dance lessons in past years found that getting their steps down wasn't difficult. But the thought of performing in a new environment made them self-conscious.

"I was really nervous for tryouts because I had to dance in front of all the upperclassmen. It's really hard for me to perform in front of my friends," freshman Suzanne Vogel said.

Although Terpsichore required a large time commitment, most found it an enjoyable experience Maggie Drzymala, a sophomore from Poland, was able to dance something not offered in the school

"School is just for study in Poland and I always wanted to dance. Now that I've been in Terpsichore. I've been able to dance and make



Opening the show in the dance "Blue Monday". junior choreographer Amy Slater glides through the air. Slater was one of only three juniors who choreographed dances. (Photo by Andy Scott)





Taking center stage in Nicole Devens' dance "Blue Horizon", junior choreographer Staci Kepley reaches for the sky. The addition of a new lighting system in the auditorium helped create a dramatic background. (Photo by Andy Scott)

Performing in Sarah Gitchell and Gabi Kupfer's dance "Rumrunners and Sassy Strutters", sophomore Eric Martin leaps off the ground. Martin was the only male who performed in the hour-long dance show. (Photo by Andy Scott)







Decked out in some pretty wild costumes, sophomore Maggie Drzymala, junior Kim Oldehoeft and senior choreographers Nicole Devens and Gabi Kupfer perform the dance "Insanity", choreographed to music by The Toy Dolls. (Photo by Andy Scott)

Using strobe-like special effects in her own dance "Yeah . . . That's It", senior choreographer Chantel Jordan and freshman Suzanne Vogel perform the final dance. The dance was choreographed to the song "Summergirls" by Dino. (Photo by Andy Scott)

Through working with music, students discovered

I riends and Fun

-Jennifer Holden

oin groups, get involved and have fun." Students heard their parents tell them this year after year. Many agreed and felt they should belong to some kind of group.

"I started out in band in fifth grade, mostly because I liked the music. As part of the band, it feels like a home away from home. That's why I continued in band during high school," senior Derek Kruempel said.

Instead of just belonging to one group, many joined several bands like Marching Band, Concert Band, Pep Band, Symphonic Band or Jazz Band

"I'm involved in Concert Band and Marching Band," sophomore Jim Krogmeir said. "I like being part of the band for the music and the fun. Some of the music is challenging, but it's all interesting when it finally comes together after all the hard work."

"My friends and I relieve tension during concerts by joking around and having fun in the back row."

-sophomore Jamie Lang

fun. Music came out as a side product, according to sophomore Matt Thomas.

"I'm a Band-Rat according to Becky Moore's definition: one who is involved in band activities for fun. I also like band rehearsal — it gives us a nice break during the school day," senior Suzanne Harvey said.

Many students had played their instruments since fifth grade when band was introduced in elementary school.

"I started out with the French horn in fifth grade and had no reason A lot of students joined band for to change. Sometimes the music

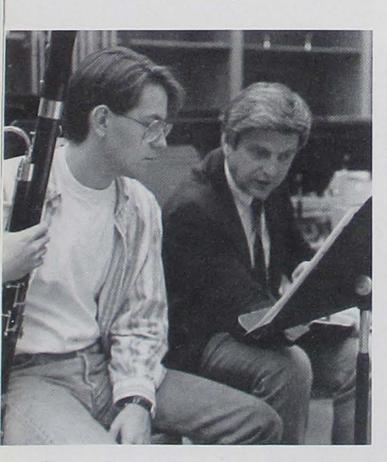
seems to get old, but the people involved in band won't let it get too boring," junior Brett Schilling said.

Many students continued in the band program because their friends did.

"I started out playing a trumpet in elementary school, but all my friends played percussions. I decided to switch instruments and now I like band a lot more. My friends and I help relieve tension during concerts by joking around and having fun in the back row," sophomore Jamie Lang said.

During fifth period when many students sit and daydream out the window, others are out on the football field learning which direction to turn at which note. And when every thing finally comes together, they realize what their parents mean by fun.

Practice makes perfect. After winning the VEISHEA marching band contest in 1989, the band wanted to look good leading the 1990 parade. During practice, senior Kirsten Royal keeps in line while keeping the beat. (Photo by Andy Scott)

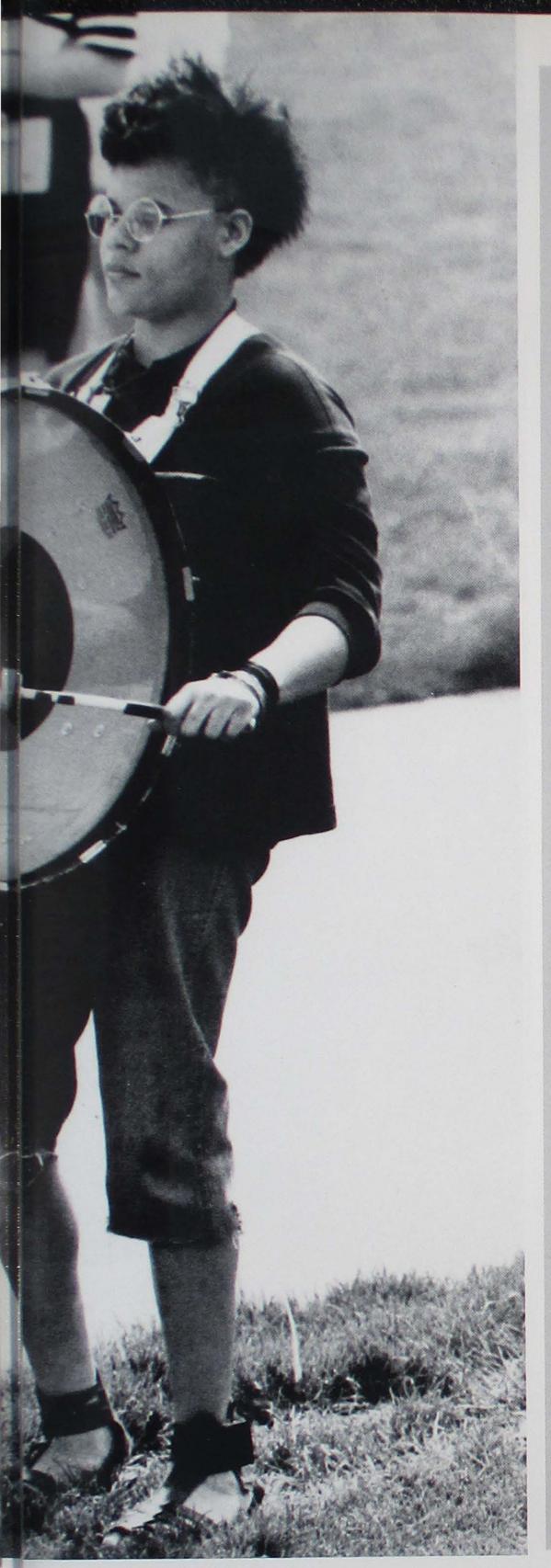


Looking over the most recent music, senior Rob Parrish gets some pointers from band director Homer Gartz during a bassoon lesson. Gartz gave individual lessons six periods out of the day. (Photo by Samantha Shearer)



Pep Band. Front Row: Theresa Yaney, Derek Kruempel, Becky Moore, Brian Messenger, Becky Rieck, Kelly Magoon, Susan Klonglan, Sarah McPhail, Director Homer Gartz. Second Row: Amy Sheets, Kori Heuss, Sarah Coats, Kari Rosenbusch, Rob Parrish, Steve Litchfield, Ben Goodwin, Jeremy Babcock. Third Row: Jennifer Goehring, Jerry McConnell, Andrew Buttermore, Matt Douglas, Tracy Knechel, Greg Elwick, Matt Haubrich. Fourth Row: Crystal Houge, Jody McKee, Kara James, Lia Pierson, Brett Schilling, Courtney Hulatt, Katherine Whitaker, Sandra DeLuca. Back Row: Stuart Penney, Ben Douglas, Kari Nass, Mike Amfahr, Jody Berger, Joe Newman, Brad Lanxon, Jason Brubaker, Ed Jackson, Dan Dobson.







Dixieland Band. Front Row: Jody Berger, Dan Dobson. Second Row: Mark Strahan, Chris Nelson, Cindy Harris, Dan Anderson.



Jazz Band. Front Row: Dan Dobson, Sarah Coats, Eric Huang, Sam Johnston, Ben Jackson, Steve Litchfield. Second Row: Matt Douglas, Andrew Buttermore, Kevin Lee, Alicia Gilley, Jerry McConnell, Jill Osweiler. Back row: Nick Lloyd, Tom Friedrich, Jody Berger, Brad Lanxon, Christine Evans, Jeremy Babock, Joe Newman.



Freshman Jazz Band. Front Row: Dan Patrick, Ben Douglas, Shawn Kliebenstein, Rebekah Hartman, Sophia Ellmaker. Back Row: Eric Hippen, Brad Erickson, Bryce Hill, Angela Smith.



Symphonic Band. Front Row: S. Harms, S. McPhail, J. Osweiler, A. Wagner, A. Magoon, C. Biggerstaff, S. Klonglan, C. Osslund, S. Hunger, J. McKee. Second Row: C. Harris, D. Kruempel, V. Tsai, B. Messenger, B. Rieck, B. Moore, B. Dinsmore, R. Parrish, B. Peterson, J. Stott, A. Mangold, S. Harvey, A. Hausman, D. Sibbel. Third Row: N. Chowdhery, A. Cheville, A. Miller, R. Stansbery, K. Rosenbusch, K. Royal, M. Patterson, B. Schilling, K. James, E. Jackson, L. Pierson, R. Gandhi, M. Amfahr, J. Brubaker, D. Slaughter, T. Friedrich, B. Lanxon, J. Newman, J. Berger, C. Evans. Fourth Row: E. Huang, S. Coats, S. Johnston, N. Brcka, C. Nelson, C. Forsling, B. Jackson, S. Penney, D. Dobson, B. Freeman, G. Applequist, T. DeJong, A. Nelson, A. Gilley, K. Lee, G. McConnell, A. Buttermore, M. Douglas. Back Row: Director Homer Gartz, S. Litchfield, J. Paque, J. Babcock, J. Lang, J. Swift, L. Byg.

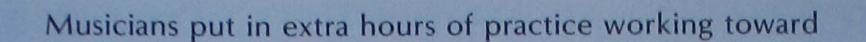


Concert Band. Front Row: S. Harms, S. McPhail, J. Osweiler, A. Wagner, K. Magoon, C. Biggerstaff, S. Klonglan, C. Osslund, S. Hunger, J. McKee, D. Sibbel, A. Hausman, S. Harvey, A. Mangold, J. Skaff. Second Row: C. Harris, D. Kruempel, V. Tsai, B. Messenger, B. Rieck, B. Moore, N. Chowdhery, A. Cheville, A. Miller, B. Dinsmore, R. Parrish, B. Peterson, J. Stott, A. Buttermore, A. Terpstra, A. Leeman, V. Brace, J. Gladon, C. Melvin, C. Pfeifle. Third Row: R. Stansbery, J. Pugh, R. Ratashak, R. Ripp, C. Hawley, A. Johnston, L. Young, M. Welch, S. VanDuesen, M. Thomas, S. DeLuca, B. Schilling, K. James, E. Jackson, L. Pierson, K. Nass, J. Krogmeier, B. Bruton, J. Brunscheon, R. Gandhi, M. Amphar, J. Brubaker, D. Slaughter, T. Friedrich, B. Lanxon, J. Newman, J. Berger, C. Evans. Fourth Row: E. Huang, S. Coats, S. Jonhston, N. Brcka, K. Heuss, A. Sheets, S. Knudtson, A. Homan, C. Nelson, C. Forsling, J. Ramsey, S. Fox, B. Jackson, B. Wollaston, K. Hemme, K. Rosenbusch, K. Royal, M. Patterson, M. Haubrich, B. Jackson, S. Penney, D. Dobson, K. Lundy, P. Boyd, B. Freeman, G. Applequist, H. Anderson, M. Milleman, T. Knechel, T. DeJong, A. Nelson, A. Gilley, K. Lee, G. McConnell, A. Buttermore, M. Douglas. Back Row: Director T. Nehls, Director H. Gartz, B. Goodwin, M. Abbott, M. Strahan, J. Swift, S. Litchfield, J. Babcock, J. Lang, J. Paque, L. Byg, F. Ramsey.



Marching Band, Front Row: S. Ellmaker, J. Swift, J. Osweiler, J. Babcock, K. Royal, Second Row: B. Bruton, A. Leeman, S. Carmichael, A. Gardner, A. Wagner, D. Slaughter, A. Wooden, S. Rogers, H. Parks, J. McKee, T. O'Berry, H. Christensen, S. Frette, D. Patrick, S. Van Duesen, C. Huiatt, S. DeLuca, R. Ripp, A. Buttermore, A. Smith. Third Row: A. Terpstra, K. Tollifson, E. Kim, A. Slatter, C. Osslund, J. Fisher, S. Howe, J. Morain, V. Brace, C. Pfeifle, D. Sibbel, K. Windom, M. Mundt, D. Vandershaaf, K. Hsu, J. McKee, B. Wollaston, J. Skaff, S. Klonglan. Fourth Row: C. Evans, C. Harris, A. Cheville, A. Gilley, L. Young, G. Horton, N. Bertelsen, N. Brcka, J. Goehring, K. Nass, B. Moore, K. Rosenbusch, R. Ratashak, J. Stott, C. Biggerstaff, T. Knechel, Y. En Chuang, J. Gladon, A. Johnston, C. Heuss. Fifth Row: A. Nelson, A. Sheets, M. Whitaker, K. Whitaker, M. Scott, B. Takle, L. Curtis, A. Drake, T. Yaney, R. Harris, M. Munt, B. Douglas, J. Younie, M. Welch, J. Pugh, J. Hertz, V. Tsai, K. James, S. Hunger. Sixth Row: B. Dinsmore, N. Chowdhery, S. Knudtson, J. Berger, C. Melvin, E. Hippen, B. Douglas, B. Hill, G. Elwick, S. Harms, A. Hausman, L. Pierson, S. Coats, B. Rieck, S. McPhail, L. Byg, K. Magoon, A. McJimsey, C. Burnham, D. Stinehart. Seventh Row: K. Walker, M. Dill, J. Nelson, C. Houge, C. Hawley, R. Stansbery, A. Miller, S. Harvey, A. Mangold, J. Lang, M. Amfahr, J. Krogmeier, B. Freeman, C. Wesley, S. Elliott, T. Cobb, K. Lundy, M. Abbott, M. Strahan. Eighth Row: K. Hemme, K. Lee, C. Nelson, E. Huang, M. Hawbrich, G. Applequist, M. Douglas, E. Tosten, A. Homan, S. Fox, P. Boyd, S. Kliebenstein, M. Olson, B. Jackson, S. Litchfield, B. Lanxon, J. Brubaker, J. Ramsey, J. Brunscheon. Ninth Row: F. Ramsey, D. Dobson, M. Patterson, M. Thomas, M. Milleman, H. Anderson, R. Hartman, J. Brian, G. Anderson, J. Good, F. Greer, J. Moore, R. Gandhi, A. Buttermore, T. DeJong, B. Messenger, S. Johnston, B. Jackson, M. Hovatter. Back Row: L. Elbert, A. Leavings, E. Andrews, E. Jackson, B. Smith, D. Kruempel, J. McConnell, Director R. Anderson, Director H. Gartz, Director T. Nehls, C. Paige, S. Penney, T. Friedrich, D. Anderson, J. Moehlmann, Z. Lache-Russell, S. Coon, L. More, M. Hovaton.





State Honors

-Karen Heggen

ompetition is a vital part of many performing arts, and the bands had their share of competitors.

The musicians began the year by competing for their positions in the Symphonic, Concert, or Freshman Bands.

"You have to practice (for the audition). You're kind of nervous, but after you start it's easier," freshman Bryce Hill said.

As the school year progressed, band members were given the chance to participate in two competitions: All-State Band in the fall and State Solo and Ensemble Contest in the spring. Those who planned to compete prepared their performances about six weeks in advance.

"We had an extra lesson once a week after school and we prac-

About ready to take another big breath, senior Mike Patterson follows along on his piece of music. Patterson was a member of both the Concert and Symphonic Bands. (Photo by Andy Scott)

"You go knowing you're prepared. But when you get there, you hear everyone else practicing and realize you're not the best."

-junior Gerald McConnell

ticed on our own about 30 minutes daily," junior Beth Dinsmore said.

Once they were at competition, participants realized where they fit in among their peers. This reminded them that not everyone can be the best.

"You go knowing you're prepared. But when you get there, you hear everyone else practicing and you realize you're not the best, and it makes you nervous," junior Gerald McConnell said.

Of the 28 students who competed at All State, 13 were selected. This was one of the highest totals in the state.

"If you get to go on to All State, it's really neat. You get to be a part of a big group of people who want to be there and who have a high skill level. The directors are always a lot of fun," senior Lia Pierson said.

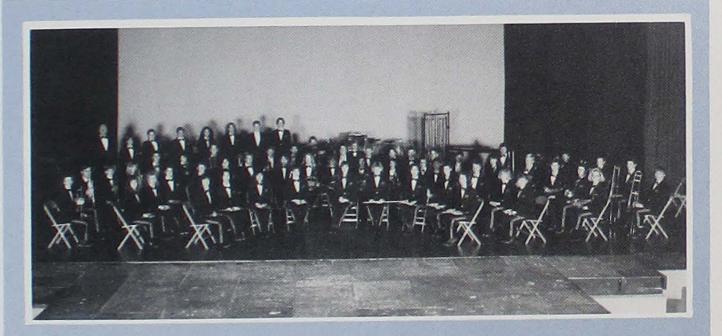
Besides the emotional reward, confidence and experience were gained by performing before judges.

"The more competitions I'm in, the better I get at performing. I learn how to better prepare myself," sophomore Amy Wagner said.

Performers were also offered encouragement and points to improve upon. At the State Solo and Ensemble Competition, participants were judged on tone, technique, intonation, interpretation, and musicianship. They were then given a rating of Division I to Division V, Division I being the highest.

"My trio received a Division I rating. We were all surprised," Dinsmore said.

Working towards competition took time and effort, but many students found it was worthwhile. They were rewarded with opportunities and advice for the future.



Freshman Concert Band. Front Row: K. Hsu, Y. En Chuang, S. Rogers, J. Fisher, A. McJimsey, D. VanderSchaaf, E. Kim, B. Smith, J. Hertz. Second Row: K. Windom, M. Munt, A. Gardner, M. Whitaker, A. Leavings, J. Moore, M. Dill, C. Houge, Jo. McKee, C. Huiatt, H. Christensen, K. Whitaker, A. Terpstra, E. Andrew, K. Tollifson, H. Parks. Third Row: A. Smith, F. Greer, B. Douglas, R. Lutz, J. Good, G. Horton, C. Paige, S. Frette, T. Cobb, J. Emmerson, C. Burnham, E. Tosten, S. Elliott, R. Harris, G. Anderson, C. Wesley, S. Howe, A. Woodin, B. Hill, S. Kliebenstein, L. Curtis. Back Row: Director R. Anderson, T. O'Berry, N. Bertelsen, B. Takle, S. Ellmaker, D. Stinehart, C. Walker, R. Hartman, J. Bryant, J. Nelson, J. Younie, D. Patrick, J. Morain, E. Hippen, G. Elwick, B. Erickson.



Keeping the rhythm, freshmen Nick Bertelsen, Bryn Takle and Sophia Ellmaker experience their first high school band concert. They were three of the seven freshmen in the percussion section. (Photo by Andy Scott)

Rhythmically combining old and new, the orchestra was in

usical Harmony

-Beth Fatland

hat? Ames High has an orchestra? That's what people used to say. But the orchestra dramatically increased, from 18 members to 32 in over a year's time. And like every big change, the larger group had pros and cons.

"The change in size has benefited us because the larger number made the program a lot stronger; people take us more seriously now," senior Wendy Huang said.

With a stronger program, the orchestra solidified its reputation as a musical group.

"I think the increase has made our group a little more known; we were considered a real orchestra," junior Solveig Johnson said.

What characteristics did a "real" orchestra have? It wasn't the number of people or their ages, but what the members did with their knowledge of music.

section was made up of freshmen. choir," junior Chris Dieter said.

"The change in size has benefited us because the larger number made the program a lot stronger; people take us more seriously now."

-senior Wendy Huang

They brought up a lot of talent from the Middle School; that made us sound better," sophomore Christine Willard said.

With the larger group and added proficiency, their capabilities strengthened. The orchestra was no longer just a back-up group, they were put into the spotlight.

"With our larger number we had a lot more sound capability and we could play more pieces. It was the first year we could have an orches-"Almost our whole first violin tra concert alone, separate from the

Besides the expanded aptitude. there was also an added feeling of comradeship within the group.

"Our size was wonderful. With the expansion, I got to know more people. We all became really close." freshman Karen Hsu said.

Along with improvements there always seems to be at least one detrimental aspect of a change. This held true for orchestra.

"There is more competition for chairs with all the new talent, the competitiveness increases and makes you practice more," freshman Jennifer Ng said.

Most musicians agreed that the pros of the change outweighed the cons. The addition of people wasn't thought to be negative but enhanced the sound, quality and reputation of the orchestra.

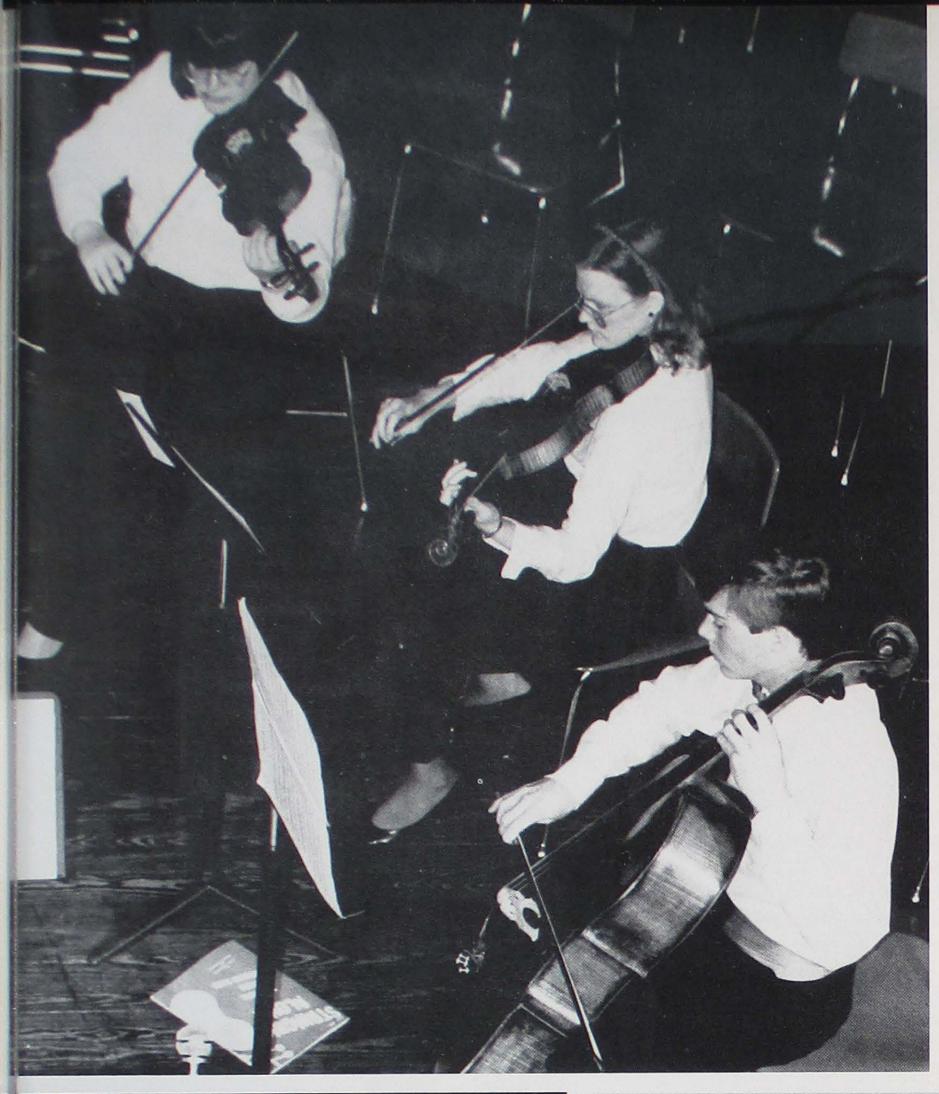
Directing the combined orchestra, instructor Mary Kay Polashek leads the group in "Orpheus in the Underworld" at the Ames All-City Orchestra Concert. Grades four through 12 participated in the performance. (Photo by Andy Scott)



Concentrating on her strokes and music, junior first violin Catherine Woodman plays "Danube Waves Waltz," one of the more classically-oriented songs played by the group. (Photo by Andy Scott)







Part of the high school Augmented Quartet, senior violist Sara McPhail, director Mary Kay Polashek and cellist Joe Kuhl, execute "Sinfonia No. IX" by Felix Mendelssohn with great care. (Photo by Andy Scott)

A bassist from the beginning orchestra pauses between songs. The group, directed by Jan Ann Peterson, played at the fourth through twelfth grade concert March 25. 212 string students participated in the musical display. (Photo by Andy Scott)







Orchestra. Front Row: Nick Lloyd, Joe Kuhl, Alastair Draper, Nicole McCubbin, Solveig Johnson, Chris Dieter, Ann Aldrich, Director Mary Kay Polashek. Second Row: Erika Helmuth, Karin Klocke, Michele Goodwin, Wendy Huang, Tim Hoekstra, Tracy Knechel, Christine Willard, Valeri Reed, Andy Stevenson. Third Row: Heidi Brayton, Christine McGinness, Kirsten Lassila, Sophia Ellmaker, Caroline Von Meding, Jennifer Ng, Ann Moore, Robert Gooch-Peterson. Back Row: Kelli Oshel, Rubina Mukerjea, Sara McPhall, Karen Hsu, Geoff Woodman, Andy Thomas, Catherine Woodman, Morris Liao. Not Pictured: Brian Messenger, Mark Robinson.

Practice paid off when choral competitors received

Lave Reviews

-Jenni LaVille

hen many students thought of practices, they envisioned runners sprinting around the track or swimmers swimming endless laps in the pool. But athletes weren't the only ones to put in their time.

Competition was a way for Concert Chorale members and Chamber Singers to earn recognition for their talent and effort. State Solo and Ensemble Contest and All-State gave students that chance.

But before the singers could be vision I through Division V. judged by experts, they had to qualify. Conductor Gary Schwartzhoff was the ticket into all contests. Interested students first had to audition for him.

"When I was in a small group ensemble for the first year, it was very scary because it was all so new. This year I felt a little more relaxed, and I thought I performed better," sophomore Paul Boyd said.

... we did awesome this year so I thought it was fun. I was really happy we got a Division I, but I also thought we deserved it."

-senior Chris Tosten

Once they were selected by Schwartzhoff, participants were evaluated with a rating system of Di-

"I thought we did really awesome this year, so it was really fun. I was really happy that we got a Division I, but I also thought we deserved it," senior Chris Tosten said.

All-State was a different type of contest; it wasn't based on ratings. Auditions were held to determine who would comprise the All-State Chorus. And many singers thought it was the toughest.

"When I tried out for All-State there were lots of practices. Mr. Schwartzhoff would put us into groups of four (soprano, alto, tenor and bass). We worked really hard on eight pieces we would perform." senior Micheal Patterson said.

Seven quartets were allowed to compete. Out of the 28 vocalists. seven made the All-State Choir, and senior Jill Osweiler was selected as an accompanist.

"It was a really big honor just to be selected. When I was singing with the All-State Choir it was so exciting because I couldn't believe I was one of them," junior Katie Mayfield said.

Even though rehearsing didn't involve running into tackling dummies or dribbling up and down the court, vocalists put in their time with a different type of hard work. And it paid off in the form of 22 Division I ratings and positions in the All-State Chorus.



During a choral concert, commissioned composer Alice Jordan accepts flowers from the music department. Jordan has composed many pieces, and Concert Chorale performed one of her works entitled "To Music". (Photo by Andy Scott)



Concert Chorale. Front Row: Jill Osweiler, George Morden, Chris Tosten, Geoff Wilken, LeAnne Ford, Chad Faidley. Suzanne Klongan, Anne Pepper, Monty Faidley, Michelle Hoover, Andy Scott, Christine Chen, Paul Boyd, Allison Horner. Second Row: Keri Daddow, Anya Whigham, Stacey Murray, Jeff Osweiler, Caroline Von Meding, Michael Patterson, Betsy Neibergall, Anne Cheville, Rob Umbaugh, Gretchen Vogel, Jodi Farrington, Andrew Buttermore, Christy Scott, Angie Kim. Third Row: Jessica DeJong, Krista Olson, Tim Hoekstra, Solveig Johnson, Matt Clark, Rob Parrish, Dan Anderson, Heidi Shierholz, Chris Nelson, Angie Bassett, Brian Greving, Jennifer Stott, Kelly Peterson. Back Row: Tollif De Jong, Charles Puffer, Krista Allen, Tim Johnson, Neena Paul, Devon Alexander, Kim Allen, Steve Beaudry, Chrissy Spike, Tom Friedrich, Marcus Ryan, Jason Moore.



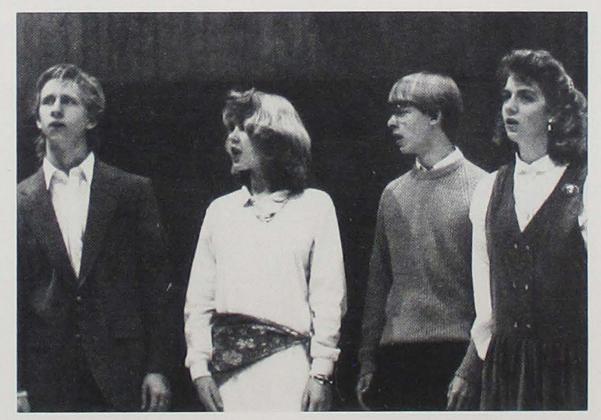
During a concert, Concert Chorale members freshman Christine Pfeifle, and seniors Rob Umbaugh, Tim Johnson and Chad Faidley concentrate on keeping harmony with one another while engaged in song. (Photo by Andy Scott)

Looking over a song, senior Michelle Hoover works to perfect the piece she will perform, along with the rest of the Chamber Singers. Hoover had been involved with the Choral Music Department since she was a freshman. (Photo by Andy Scott)





Chamber Singers. Front Row: Tim Hoekstra, Betsy Neibergall, Kjersten Johnson, Geoff Wilcken, Suzanne Klonglan, Chad Faidley, Amy Mangold, Tim Johnson, Devon Alexander, Jill Osweiler, Margaret Lloyd, Michelle Hoover, Rob Parrish, Heidi Shierholz, Andy Scott, Marcus Ryan. Back Row: Michael Patterson, Anne Pepper, Gretchen Vogel, Dan Anderson, Montey Faidley, Rob Umbaugh, Solveig Johnson.

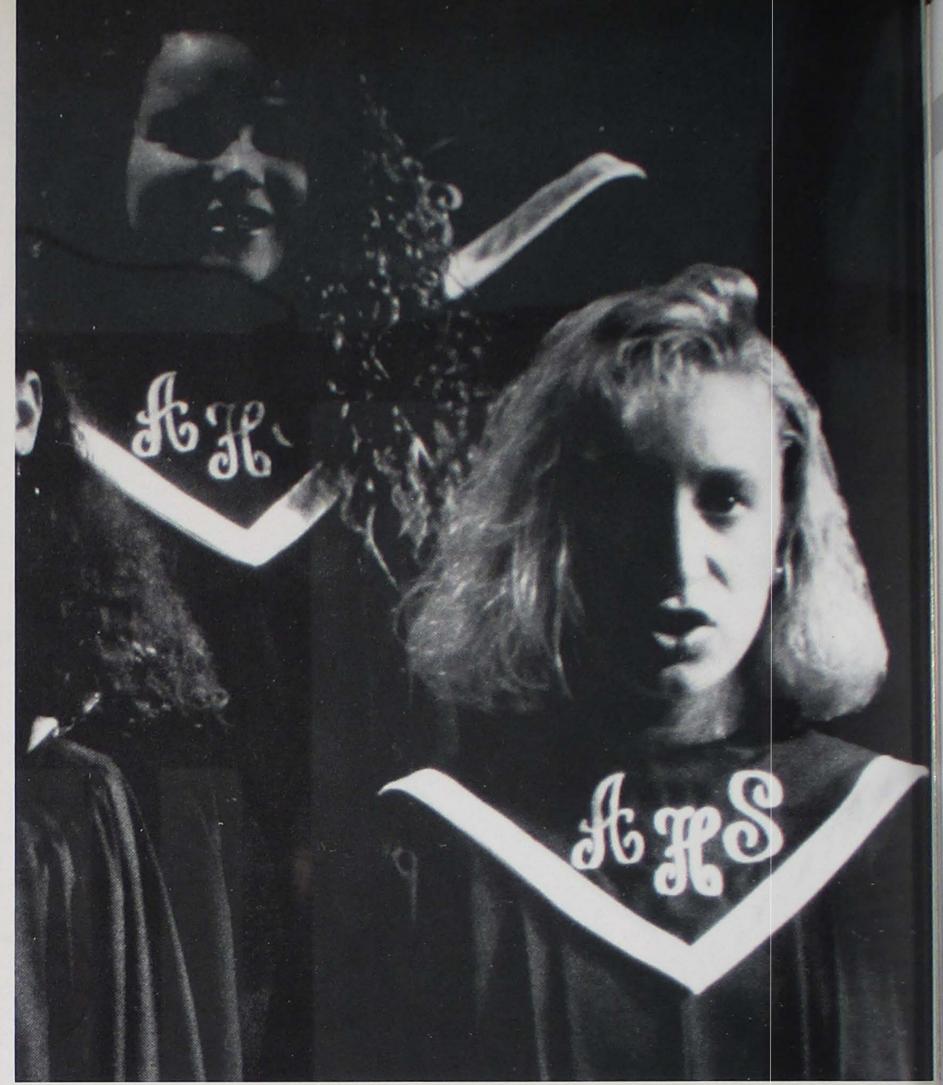


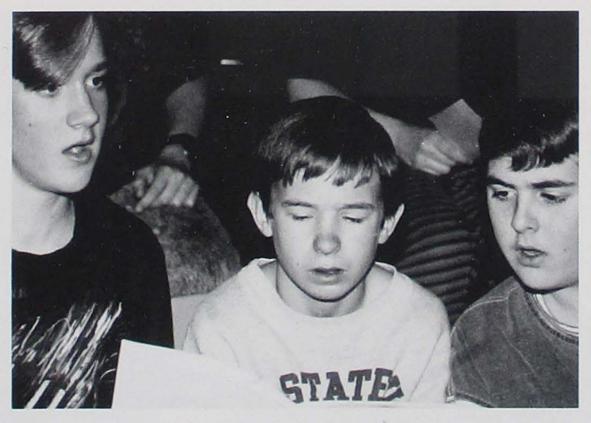
During the Ames Chamber of Commerce Business Fair, Chamber Singers, senior Michael Patterson, sophomore Kjersten Johnson, junior Tim Hoekstra and senior Suzanne Klongan perform one of several pieces. (Photo by Andy Scott)

During the Spring Choral Concert, freshmen Lexa Curtis and Angie Moore focus all their attention on the conductor Gary Schwartzhoff. The Spring Concert was the culmination of two months of rehearsal. (Photo by Andy Scott)

Rehearsing for the Pops Concert during sixth period, sophomore Steph Allen sings "Wind Beneath My Wings." The performance took place on May 24. It was one of the six concerts held by the Freshman and Concert Choirs. (Photo by Andy Scott)







Practicing for the Winter Concert freshmen Toby O'Berry, Scott Reger and Travis Webb try to hit all the notes. Rehearsals took up a lot of students' time. (Photo by Andy Scott)



Freshman Choir. Front row: Bliss Newton, Sarah LeBrun, Leah Uhlenhopp, Mandy Lloyd, Jana Hertz, Sophie Elimaker, Jill West, Darren Boehlje, Toby O'Berry, Heather Alexander, Angie Shirk, Aimee Dalton, Jenny Shierholz, Lexa Curtis, Suzianne Vogel, Amy Bartine, Katy Peters. Second Row: Gwen Hortan, Anna Terpstra, Missy Yungclas, Martha Whitaker, Laura Larson, Scott Reger, Brad Wuhs, Jonathan Good, Aaron Burrier, Dave Fincham, Tim Reger, Kelly Oshel, Katherine Whitaker, Teresa Henderson, Cara Wagner, Christie Brown, Devon Leppink. Third Row: Anissa Umbaugh, Erica Merkley, Tracy Hulsey, Irish Boston, Tami Johnson, Steve Shapiro, Jason Rubel, Ben Ford, Trevor Wierson, Lita Cole, Avanti Athruya, Dana Patterson, Angie Moore, Kelly Shonrock. Back Row: Heather Parks, Audra Wooden, Anjela Smith, Adrian Vanderbulk, Tyson Troxell, Mark Skulzcack, Collin Page, Matt Randall, Jacinda Bunde, Andrea Cartright, Hillary Firestone, Rachel Wilke, Vanessa Heinz, Melanie McKracken, Terrill Johnston.

Chorus provided a time to relax and

Lelease Stress

-Nicole Stocks

t was time for sixth period. The day was almost over. As they walked into the chorus room, students felt some of the day's tension drain from their bodies. It was finally time to relax and enjoy the sound of music.

According to freshman Laura Larson, chorus was her favorite time of the day.

"Chorus is fun but you have to concentrate on what you're doing. It tials. helps me to be more confident about myself," Larson said. "It's cool because it's at the end of the day and I'm usually tired, so it's just a way to relax and have fun."

Even though choir was fun, participants in the different choirs agreed that director Gary Schwartzhoff made them work and helped push them to their individual poten-

"Chorus is fun but you have to concentrate on what you are doing. It helps me be more confident about myself."

-freshman Laura Larson

"Mr. Schwartzhoff is a great conductor and I have learned so much from him. I love music, and he helped me to have a better understanding for notes and rhythm, as well as help me to relax when I sing," sophomore Jessica Purdy said.

Besides rehearsing and performing during the year, choir students spent a month selling popcorn and fruit to raise money to travel different places to sing. A total of \$2,600 was raised, allowing the Concert Choir to travel to Ballard-Huxley High School, Drake University, Waukee High School, and The stress.

Ingersoll Dinner Theater. Senior Brian Pepper thought the fundraiser was needed.

"I thought the fundraiser was well worth the while. It gave the Freshman and Concert Choirs the money we needed to travel around," Pepper said. "Singing at Drake seemed to be the funnest. We got to meet a lot of really interesting people when we traveled. All the help we received was greatly appreciated."

Through hard work and traveling, a closeness formed between students during the year.

"Chorus is like a family to me. We really worked hard this year and stuck together. Training our voices to be just right was what we all hoped for," junior Cara Bianchi said. "I really enjoy singing and I've been doing it ever since I can remember. I still hope to be doing it when I'm done with school."

Whether it was because they were serious about singing or just in it for fun, students agreed chorus was a great way to release some

Paying attention to the audience during the Spring Choral Concert, sophomore Elaine Powell sings "The Heavens are Telling." This three-hour performance took place on April 16 in the AHS Auditorium. (Photo by Andy Scott)





Concert Choir. Front Row: Lisa Moore, Mary Beth Patterson, Kate Goudy, Jessica Purdy, Steph Seiler, Becky Allen, Cara Bianchi, Christie Pfiefle, Donna Cable, Elaine Powell, Laurie Young, Sarah Buchwald, Amy Swyter. Second Row: Lisa McDorman, Steph Allen, Cara Peterson, Holly Anderson, Mark Sutch, Chad Faidley, Jim Meadows, Rob Umbaugh, Matt Anderson, Suzy Taylor, Tami Burnham, Adrienn Nagy, Kim Angel. Third Row: Dawn Sibbel, Judy Pang, Cassandra Biggerstaff, Christa Handeland, Brian Pepper, Eric Martin, Tim Johnson, Eric Warme, Sean Bakken, Misha Prochaska, Kate Vaughen, Nikki Cain, Mindy Sinn. Back Row: Cheryl Bortz, Jenni Ballantine, Rebecca Shimkus, Jennifer Moehman, Andy Farrier, Gary Knapp, Mark Robinson, Bob Goodfriend, Rob Peterson, Katie Vaughn, Mike Larson, Joy Siebert, Teresa Andrews.

Spring productions let casts and crews

ct On

-Jennie Pelz

onths of hard work constructing and designing scenery, skillfully applying make-up and finding authentic-looking costumes were just part of the detail and dedication it took to be involved in drama productions.

And when one was also in charge of directing a play there was even more responsibility involved. Every year One Acts gave some senior Thespians the chance to sit in the director's chair and produce their own plays.

"After being in so many plays in the drama department, directing a play gives you a whole different perspective, especially when you are used to just doing what Hank (Wayne Hansen, Drama Department coordinator) says. As a director you have to work with your cast, helping them with movements and interpretations of their characters," senior Ed Jackson said.

There were five one-act plays performed for three nights. With ac-

"The play is 'ginchy'that's a generic word
for just about anything
a we some, such as
'smurfy' can relate to
anything cool."

-sophomore Joy Siebert

tors only participating in one play each, it gave them more free time than other productions.

"One Acts was great because you weren't always onstage and you had a lot of time to goof off backstage and get to know people better," freshman Terrill Johnston said.

Following One Acts was the spring production "Rally 'Round the Flag, Boys!". Many of the cast members enjoyed the modern setting and the fact that it was a comedy. This was the first year that all three plays were comedies.

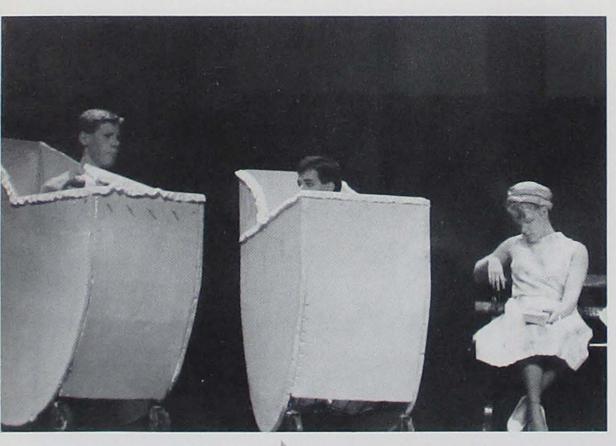
"The play is 'ginchy'- thats a ge-

neric word for just about anything awesome, such as 'smurfy' can relate to anything cool. If you saw the play you would understand. It's about a small town fighting to keep atomic missiles out of their town. It sounds pretty serious but it is definitely a comedy," sophomore Joy Siebert said.

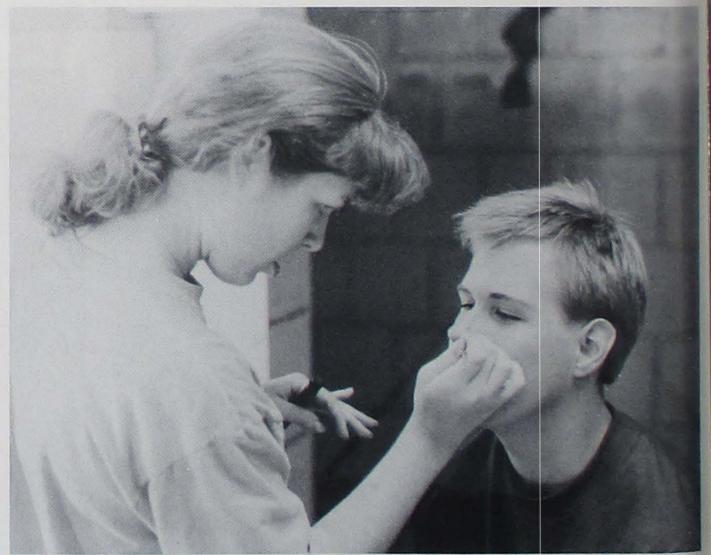
While drama productions required a lot of hard work and sweat, most of the actors and crew found the greatest enjoyment in presenting their final product in front of an audience.

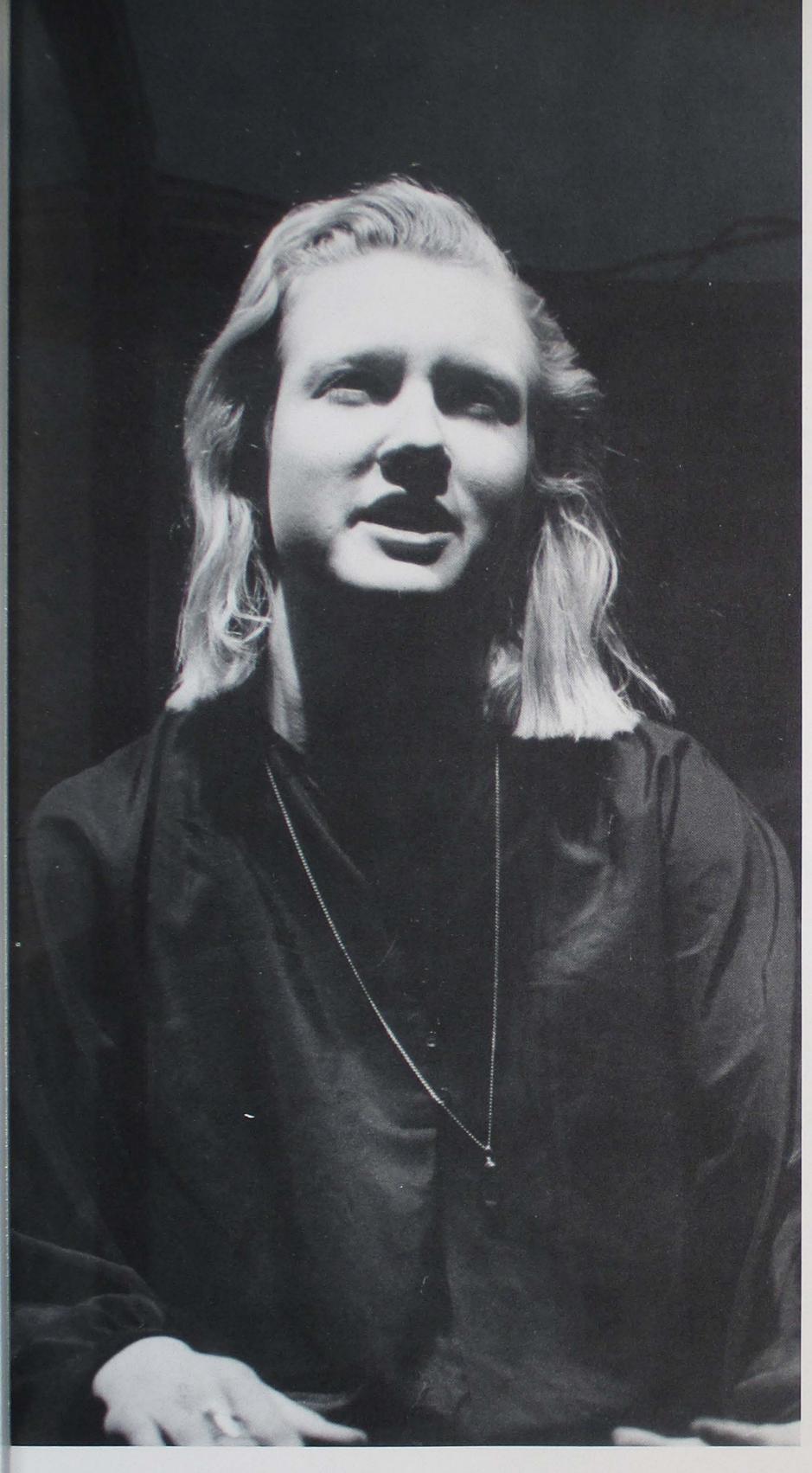
"A lot of times you work two months and it looks really terrible even up to one week before performance, but then everyone gets scared and works hard so that it all comes together and works. Then you know it was worth it," junior Karl Lundy said.

Applying make-up to freshman Jeff Moore's face in preparation for "Rally 'Round the Flag, Boys!" is senior Katie Schafer. Actors arrived at least two hours before performances to prepare themselves. (Photo by Staci Dooley)



Playing infants in baby carriages, seniors Tim Johnson and Steve Beaudry perform while junior Amy Murphy looks on. The play was called "Infancy" and was directed by Amy Jo Smith. (Photo by Andy Scott)





Performing in David Andre's One Act is junior Catherine Woodman. The play was called "Dream Shadows", a flashback of Woodman's character's past relationships. Andre wrote the play himself. (Photo by Andy Scott)

Playing a bored housewife, freshman Jana Hertz laments the drudgery of housework while her husband contemplates suicide. The play was called "Will Someone Please Tell Me What's Going On Here?" and was directed by senior Ed Jackson. (Photo by Andy Scott)





Playing Comfort Goodpastor in "Rally 'Round the Flag, Boys!", sophomore Mark Sutch protests the planting of atomic missiles in his town at a city council meeting. The play was set in Putnam's Landing, Connecticut. (Photo by Staci Dooley)

taste of culture

"Ten minutes to landing." Excitement filled the girls' stomachs as their plane finally touched down in Merida, Mexico.

Nicole Stocks

get there. The three plane rides seemed to take ages," senior Allison said. Horner said.

'89 spring semester when Martha Trujeque, an exchange student and member of Ballet Folklorico, began working with Terpsichore dancers.

Seven students were chosen by dance instructor Mary Kautzky to perform American and Mexican dances in the Yucatan Peninsula.

in Mexico so she made all the arrangements for us. She set it up so we could dance with Ballet Folklorico," senior Jean Clem said.

Mexican dances to be performed with partners, and the dancers added seven dances of their own from Terpsichore.

"It took months of practice to get our dance perfected, but we really worked hard and it all paid off," senior Mignon Iber said.

Sending seven dancers to the Yucatan was not an inexpensive field trip though, many hours were

put aside to raise enough money for transportation, food and lodging.

"We spent hours on fundraising. We organized a taco dinner before the Lincoln football game and a party afterwards. And we sold T-"I swear I thought we'd never shirts and asked (Ames) businesses for donations," junior Amy Slater

Once there, the dancers per-The trip originated during the formed in two parks, a high school in Merida, in the courtyard of the University of Yucatan and at an art school where they met with the governor of Yucatan's wife.

"It was really embarrassing at the high school. All the guys were yelling for us, but the Mexican dances were their favorites: it was "Martha is majoring in tourism a taste of culture for all of us," senior Diane Dubansky said.

After spending over 300 hours practicing, from March 20 to the final show November 27, the dancers Trujeque taught the girls five were tired of performing and ready to play.

> "For eight days we toured, rehearsed and performed, which was all work, but the last three days we sunned and surfed which made up for it," senior Darice Brinkman said.

Concentrating on a Mexican dance at a rehearsal, senior Kelly Magoon works on perfecting the steps before the upcoming trip to the Yucatan. The dancers practiced three days a week for eight months to prepare. (Photo by Paige Hoefle)



enaissance Revisited

-Jennifer Holden

A silence overcomes the audience; an announcer dressed in medieval clothing waits for the trumpeter to halt, then announces the arrival of the king and gueen, who are followed by their court.

"All ye gather 'round; the king and his court are arriving."

Many students learned about medieval times in class, but some students got to act out scenes from that era at the first Ames High Madrigal dinner production December 19 and 20. This gave students a chance to learn about the Renaissance, and have fun at the same time.

pretend to be part of the king's court; it gave us a sense of royalty," senior Gretchen Vogel said.

In preparation for the dinner theater, the group of 18 dancers, the concert; it really added to the at-

singers and musicians worked on mosphere," senior Andy Scott said. decorations, practiced songs, dances, special recordings and prepared the dinner.

"It was a lot of work; we spent sold out. a lot of time to make the first Madrigal Dinner a success, but it was worth it," senior Jill Osweiler said.

To help the students recreate the medieval atmosphere during the performance, they all received royal titles.

"Rob Parrish and Margaret Lloyd were king and gueen; the rest of us were lords and ladies or dukes and duchesses," senior Anne Pepper said.

To go along with their royal "It was a lot of fun to actually titles, students wore costumes that fit their characters. The costumes were borrowed from ACTORS, a local production company.

"It was really fun to dress up for

Their hard work to make the first Madrigal dinner a success showed when both concert nights

"Knowing that the concert was sold out helped us live up to an expectation. It was great that we could get all the forces together - the dancers, the special recordings and orchestra; it was a school effort," junior Nupur Ghoshal said.

With talent, teamwork and determination to do well, students gave the Renaissance a touch of pi-

With songs, dances and medieval skits, juniors Katie Mayfield and Margaret Lloyd and seniors Michael Patterson, Rob Parrish, Gretchen Vogel and Anne Pepper entertain a sold out audience. (Photo by Andy Scott)



Morking Overtime

Some held a glimmer of hope, others made our skin crawl, and of course, there were the real sleepers. The fascination, or lack of, that classes and clubs held depended primarily on the people involved. Some teachers bored us, while others found that French crepes, monthly parties and little buddies were the keys to our eternal devotion.

Through the day, teachers worked to keep their classes fascinating and their students awake. Weekly news items and pop quizzes kept students on their toes. Hands-on assignments during labs also helped kill boredom. How could you possibly fall asleep while skinning, dissecting and probing the innards of a Sigmodon Hispidus cotton rat? Science classes often had long and sometimes gruesome experiments while social sciences tackled the human side of life. Applying make-up to football players and playing war games offered insight into society's workings.

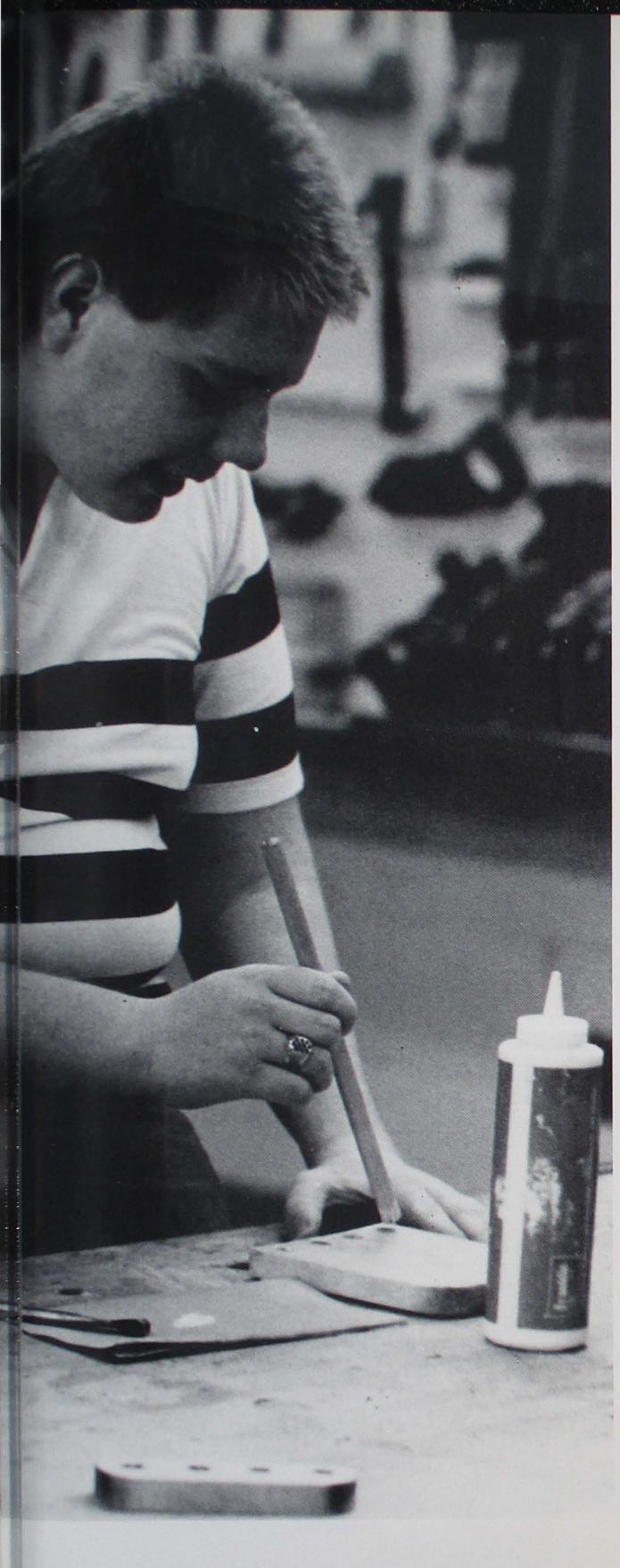
With all the homework, waking up early was not popular. For early club meetings, incentives were often necessary for attendance. Some groups needed doughnuts, while others found that moral aspects could attract students. Student Council and senates offered power and the ability to change the school. Key Club and SADD gave students the chance to improve society and work to keep friends safe.

Other clubs included competitive academic clubs like chess club, which placed first in State, and Academic Decathlon which placed second. What students in these classes and clubs accomplished, including 13 National Merit Semi-finalists and over \$30,000 in scholarships, stemmed from dawn to dusk dedication, and as "SPIRIT" and "WEB" staffers discovered, working overtime.



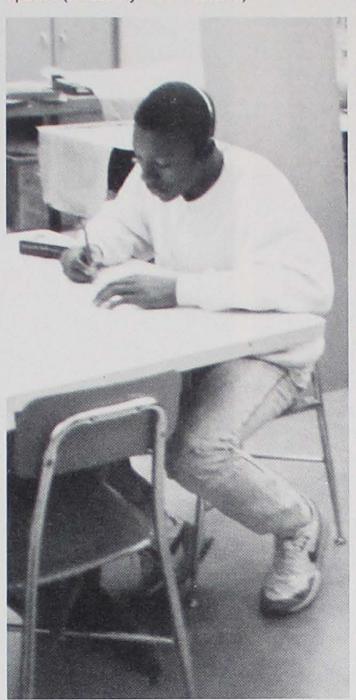
Perched on a sheet of plywood and holding on to a vacuum turned blower, junior Jamie Ogbourne coasts down the science hall on physics instructor Charles Windsor's hovercraft. (Photo by Andy Scott)





Taking advantage of work time in Jerry Swenson's Industrial Education class, sophomore Maurice Wilson constructs a set of movable book ends. This was one of several projects students completed in the wood shop. (Photo by Andy Scott)

Hanging out in the art room during a free period, freshman Tendai Muyengwa works on a sketch for art instructor Susie Petra's graphics class. Students were allowed to use the art rooms during study halls for work space. (Photo by Beth Fatland)

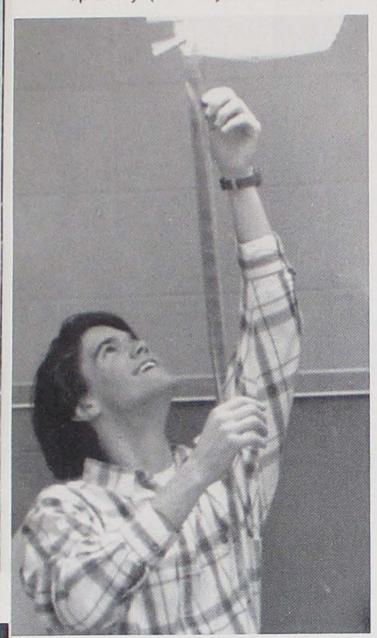


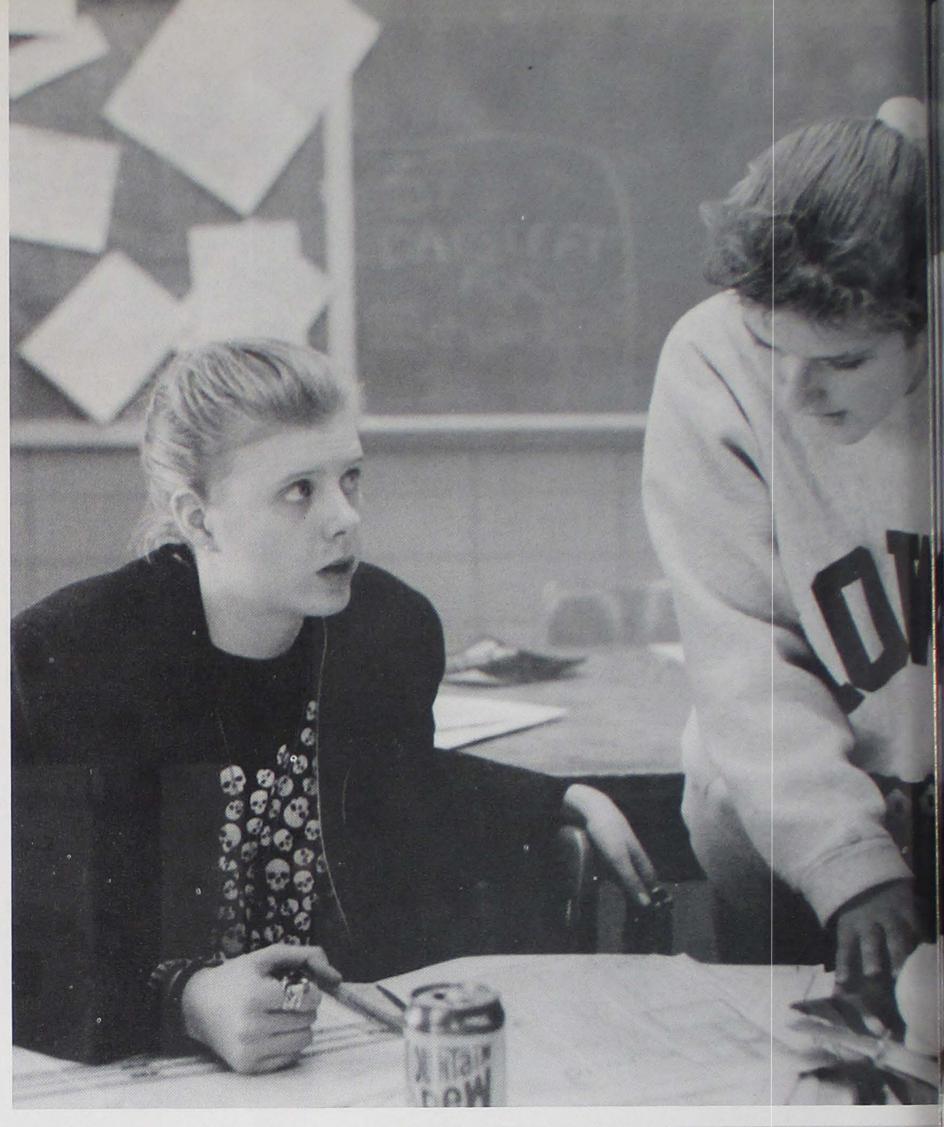


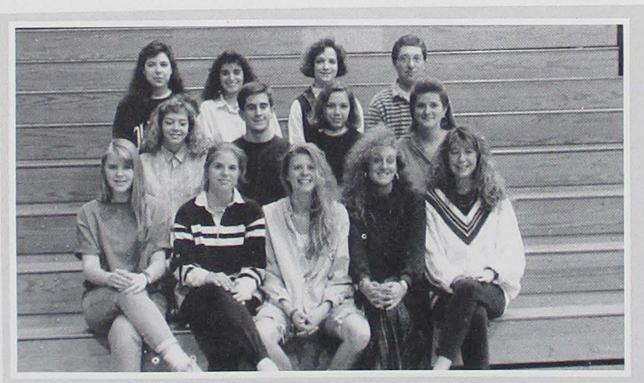
Using her second year French experience, sophomore Sara Olberding supervises the class as French I student, sophomore Tina Brown, participates in Toni Woodman's annual crepe making. (Photo by Staci Dooley)

When all else fails, ask someone who looks competent. Junior Tia Nemitz asks junior Sam Shearer, the design editor, about any changes to her spread before copying it. (Photo by Steve Wuhs)

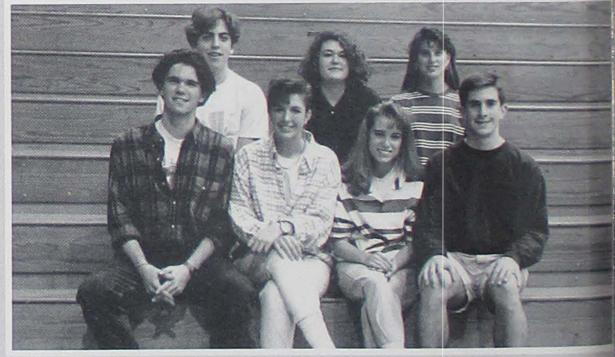
Lights were for more than seeing by, as senior Andy Scott discovered during his time as Spirit photo editor. He hangs his latest batch of wet negatives up to dry. (Photo by Steve Wuhs)







"Spirit" Staff. Front Row: Beth Fatland, Stacy Morford, Sam Shearer, Becky Dill, Jennie Pelz. Second Row: Tami Takle, Steve Wuhs, Jennie Jones, Tia Nemitz. Back Row: Karen Heggen, Jennifer Holden, Becky Jorgensen, Josh Murphy. Not Pictured: Sarah Ford, Jenni LaVille, Nicole Stocks, Holly Anderson.



"Spirit" Photographers. Front Row: Andy Scott, Staci Dooley, Laura Zachary Steve Wuhs. Back Row: Nick Lloyd, Trish McPeak, Paige Hoefle. Not Pictured Becky Dill.

olding Tight pirit" staff tried to keep its sanity

-Steve Wuhs

too." Those

many of the 20 students that signed up to be on the yearbook staff. Little did they know what photo assignments, drawing they were getting into.

themselves spending countless stories. hours in Room 202 and in the computer lab trying to put toaward-winning book.

how much work goes into the book until they've been on staff and made it through a deadline or two," junior Jennie Jones said.

The staff met seven deadlines during the year, each with different degrees of success.

"Our first deadline we were really unorganized and were pirit.' That here forever. But after a couple sounds like a of months, nearly everyone fun class. Must knew their responsibilities, and be a lot of par- things ran more smoothly," seties in there nior Stacy Morford said.

Responsibility is one thing were probably the thoughts of that being in "Spirit" taught. Each staff member had to keep in mind items such as making their layouts, and cropping pic-"Spirit" staffers found tures, in addition to writing their

"All my free time is spent doing yearbook stuff. I procrasgether another edition of the tinate a lot, and then I get really stressed out about it. I can't con-"No one has any concept of centrate on anything," junior sen said. Karen Heggen said.

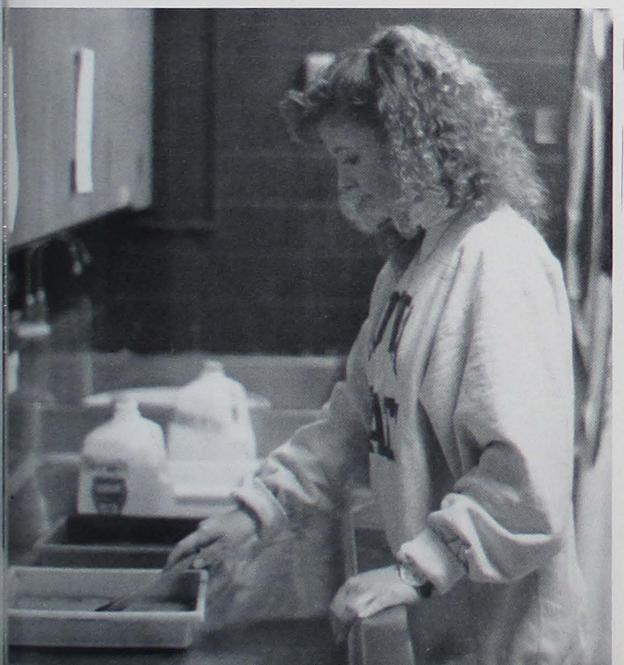
> those things, the "Spirit" staffers found that they could actually have fun while doing their work.

"It's more fun than should be allowed to anyone who is ready to come to school every Wednesday night," senior Becky Dill said.

During deadline week, these worknights served as a stress release in addition to being useful work time. When writer's block hit and copy just wouldn't fit, hilarity pushed productivity out the door.

"One worknight, we were exhausted and nobody was getting anything done, so we gave up. Instead, we all sat around and told stories about the 'Watch man' and other weird people we've encountered in our lives. By about 11:00 at night, any stories told seem humorous," senior Becky Jorgen-

"Spirit" was a lot of work for But if they could juggle all of its .25 credit, but most of the staff agreed that the fun had within the mauve and cornflower blue walls of Room 202 was worth the heavy eyelids the following days.





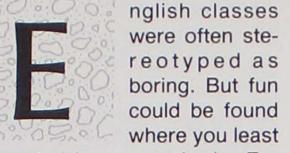
When the "Spirit" darkroom got too crowded, photographers could always take advantage of the one in the media center. Senior Staci Dooley prints one of her assigned photos. (Photo by Steve Wuhs)

Using one of her free periods to get some of her "Spirit" work completed is junior Jenni LaVille. One of her responsibilities as a page editor was cropping her own pictures. (Photo by Steve Wuhs)

tential Fun

Madents found entertainment in English

-Karen Heggen



glish Department.

ciding what English class to take didn't cause for a lot of stress. Freshmen were offered English 9 and Project English 9. After the big decision, their chosen English class sometimes offered entertainment.

"Some of the demonstration speeches are pretty interesting. When they have the whole class get involved they can be fun," freshman Chris Burnham said.

There was a total of two required classes for the sophomores to choose from, and their year focused on a semester of literature, a quarter of speech, and a quarter of writing.

"In literature we read the books, but we learned more about ourselves. We learned to omore Kristi McGinness said.

boring. But fun a few more decisions. There was the required semester of litwhere you least erature first semester, but with expected it — even in the En- second semester came more independence. Not only was there For the freshman class, de- freedom to choose, but class time presented a chance for students to express themselves more readily.

> "When we read books in Mr. (John) Forssman's literature class he helped us understand the underlying message and then we told how it could related to our own lives," junior Leslie Bryant said.

Electives were available to seniors both semesters. Classes such as Composition for the College Bound, British Literature and World Literature prepared students and spurred interest in courses they would face in college.

"I like the open discussion the most. The basic reason I'm taking the classes I'm taking this look beyond the surface," soph- year (British Literature and World Literature) is to read more Juniors were allowed to make literature for college," senior Kevin Lee said.

> For whatever reasons students chose to take a class. each teacher had his or her own approach that helped make the class memorable.

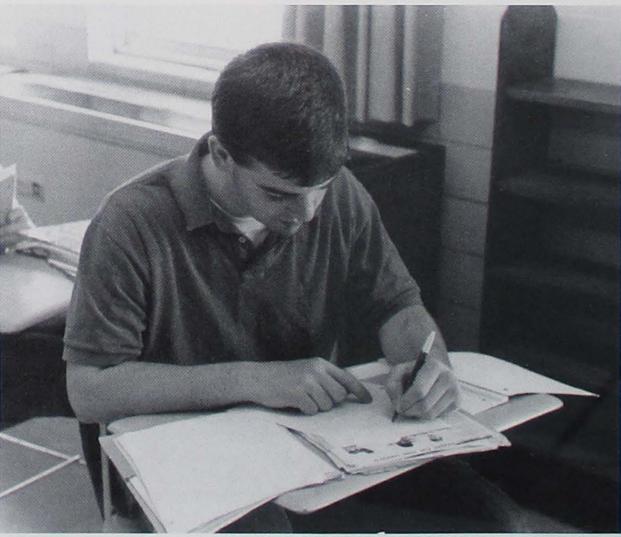
> "I try to scare them to death because fear has the ability to focus interest. But on the serious side, I try to relate what I'm teaching to current interests and concerns," Carl Pelzer said.

English class, once considered boring and dull by some, proved fun and interesting, something many previously thought impossible.

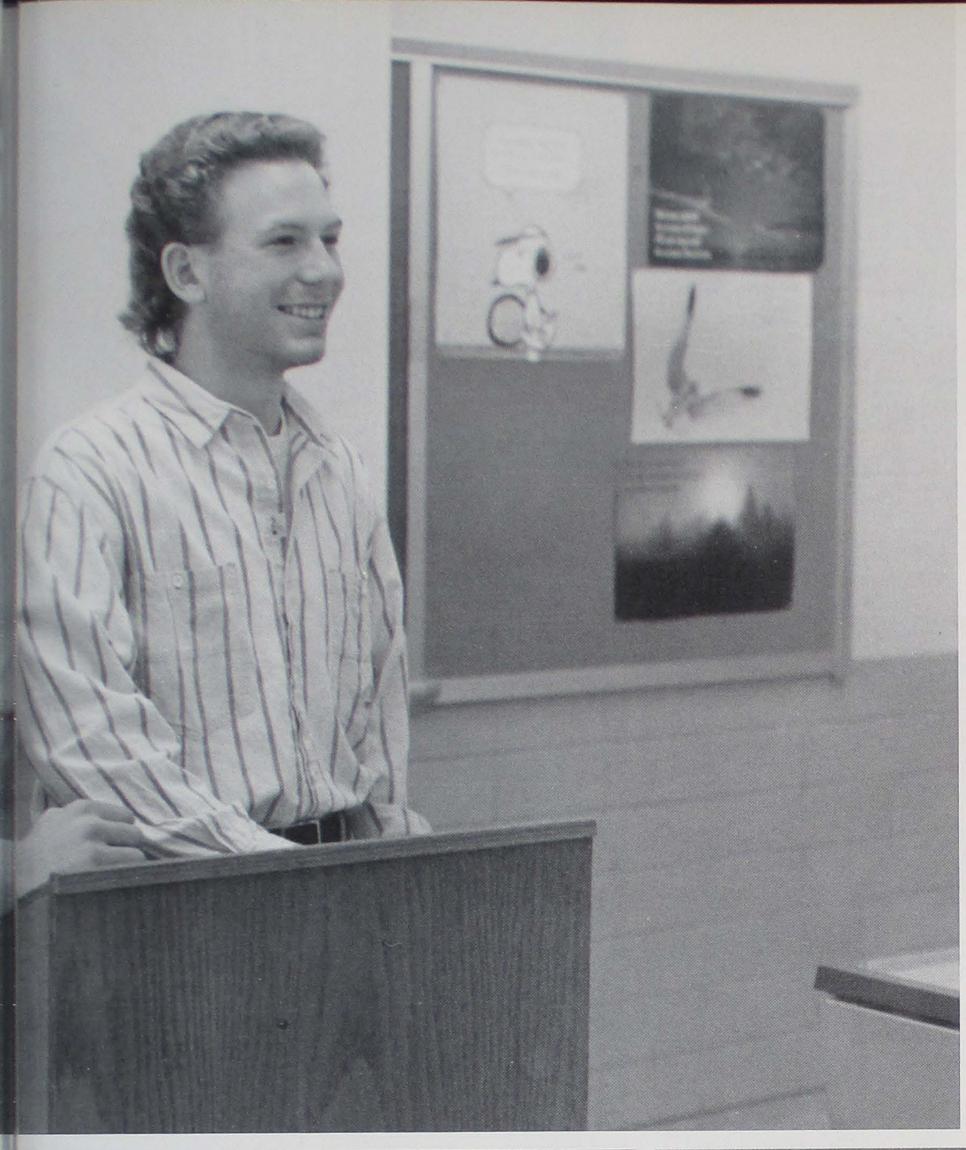
Creative writing was just one of the classes students had a chance to express themselves freely in. Here senior John Alexander works on his creative writing assignment. (Photo by Staci Dooley)



Speeches were just one of the ways students expressed themselves during class. Hoping not to make a mistake, junior Matt Converse presents an extemporaneous speech. (Photo by Staci Dooley)







Performing a joint speech for their class are seniors Derek Kruempel and Tollif DeJong. Students felt that being able to have a partner took off some of the stress. (Photo by Staci Dooley)

English classes could also offer days of relaxation with reading. During her second period Introduction to Journalism class, junior Giselle Magat follows along in her book. (Photo by Staci Dooley)







Showing interest in learning about the power of various headline styles, sophomore Dawn Dean concentrates on her journalism book during her early morning English class. (Photo by Staci Dooley)

Giving speeches was a re-occuring assignment in English class. Glancing at her notes, senior Tonja Morken presents a speech during her Discussion and Argumentation class. (Photo by Staci Dooley)



Speech Club. Front Row: F. Genalo, L. Vermeer, A. Gardner, A. Wagner, J. Seim, J. Brakke, M. Hoover, A. Cheville, B. Carlson, J. Murphy, S. Uhlenhopp, C. Dieter. Second Row: G. Kupfer, A. Hausman, J. Pugh, A. Mangold, B. Moore, N. Ghoshal, K. Schafer, C. Oswall, S. Harvey, G. Vogel, D. Waller, N. Block. Third Row: B. Jorgensen, S. Shearer, C. Haws, S. Sundstrom, M. Corones, D. Bock, S. Gitchell, J. Wall, D. Forssman, G. Garn, S. Wuhs. Back Row: N. Lloyd, K. Foote, M. Lloyd, V. McAndrews, K. Hsu, H. Alexander, A. Shirk, S. Harms, G. Dolphin, L. Pierson, D. Alexander.



Thespians. Front Row: David Andre, Eva Bryne, Amy Jo Smith, Gretchen Vogel, Katie Schafer, Tricia McPeak, Shika Seecharan. Second Row: Ed Jackson, Marit Munson, Sandra DeLuca, Mike Cantonwine, Dave Abelson. Back Row: Andy Stevensen, Anjali Trivedi, Tollif De Jong, Val McAndrews, Travis Senne.



"Visions". Front Row: Nikki McCubbin, Nick Goudy, Amy Jo Smith, Wyn Huntington, Connie Hsu, Amy Sheets. Second Row: Jessica Dejoung, Katie Mayfield, Andy Farrier, Jason Moore, Jeanne Pugh. Back Row: Amy Miller, Tim Hoekstra, Nick Lloyd, Andy Stevensen, Troy Rutter.





eal Devotion Students found the time to be involved

-Becky Dill

rized your lines and practiced countless hours for this moment. As the audience looks on, your performance begins. This was a situation most students experienced if they were involved in Thespians, "Visions" or Speech Club.

Thespians was a group linked with the drama department and was a nationwide club consisting of students who spent 1000 hours or more on the school's drama activities.

"We have a meeting once a month or whenever needed. We do fundraising activities and events. We have fundraisers so

we can pay our Thespian fee," sophomore Sandra DeLuca ou've memo- said.

Along with paying their Thespian fee, Thespians used the money made from fundraisers to help fund the Drama Department.

"This year we raised enough money to buy a sound system for the auditorium. We also have meetings and try to help out the theater system," junior Dave Abelson said.

Like Thespians, Speech Club members found their club very demanding. After school practices and long scripts proved trying.

"Speech is really hard work! A few minutes of presentation decides the outcome. When you and your group have practiced

weeks, the five to 10 minutes of performance seems small," senior Becky Moore said.

Speech Club members also found they needed to give a lot of their time practicing.

"We practiced two to three times a week in the final month before district competition. It was tough but also a lot of fun," junior Mike Corones said.

"Visions," a television show written, produced and directed by students, was another program that required a lot of commitment.

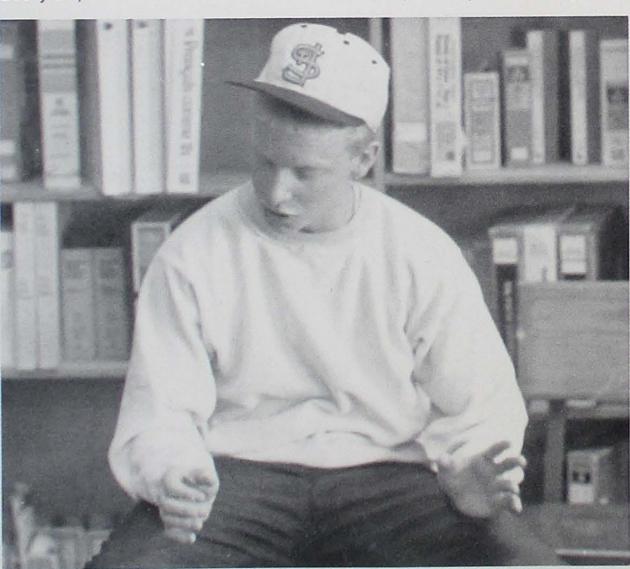
'Visions' is fun work and it is enjoyable. It's hard work to get a live show on the air every week," junior Andy Farrier said.

"Visions" was aired live every other Monday at 4:00 on cable channel 35, so students had to contribute a lot of time to the program.

"I am a director, cameraman, sound supervisor for the show. It's hard work, but like a lot of other groups, we get the job done," junior Tim Hoekstra said.

Before going on the air, junior Katie
Mayfield clips on her microphone. Mayfield and junior Suzi Hunger were the cohostesses of the student organized television program "Visions". (Photo by
Becky Dill)

Concentrating on his lines, senior
Dan Waller practices his assigned
monologue for a Speech Club competition. Waller was one of three members
whose solo performances advanced to
All-State. (Photo by Staci Dooley)



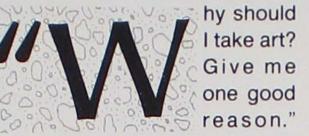


Earning the stage hours required of all Thespian members, senior Ed Jackson performs in "The Revenge of the Pink Panther". Thespians was a nationwide group of actors. (Photo by Andy Scott)

asis for Art

Reasons for taking art were diverse

-Beth Fatland



Does this phrase sound familiar? Students each had their own reasons for taking the various art classes offered.

freshman year; it's really challenging. I'm thinking about going into it for a career," junior ever since eighth grade," junior Tammy Gibb said.

If the reason wasn't for the challenge or career purposes, for some art was a necessity. If art wasn't there, things just weren't normal — a part of the day selves. was missing.

"I took art for a creative outlet, not because I wanted to waste time or saw it as a blow-off like some do. It takes a lot of concentration, hard work and commitment to produce something I'm satisfied with that expresses

the idea I want to convey. It's something I just do. It's a part of I take art? my day and always has been since I was a freshman," junior Bill Kannel said.

> art. Their parents introduced it as a normal part of their lives.

"My dad likes taking pictures. He bought me a camera when I "I have taken jewelry since my was real little. I got interested, signed up for photography, got caught up in it and have taken it Brian Gouran said.

> A few students felt they needed art not because they had it all their lives, but to gain something intangible, to express them-

> "Art is reaching into the innermost depths of the mind and extracting personal experiences and feelings to create something of my own understanding that's what I get from art," sophomore Bob Parr said.

Trying to express oneself

through art often required a great deal of thought. Another reason to take art was that it could stimulate the mind.

"It gives a new perspective, a Some students grew up with new view on life; it makes me think," junior Christine Hall said.

> Besides the underlying motives, there were also students who took an art class simply because they enjoyed it and found it fun.

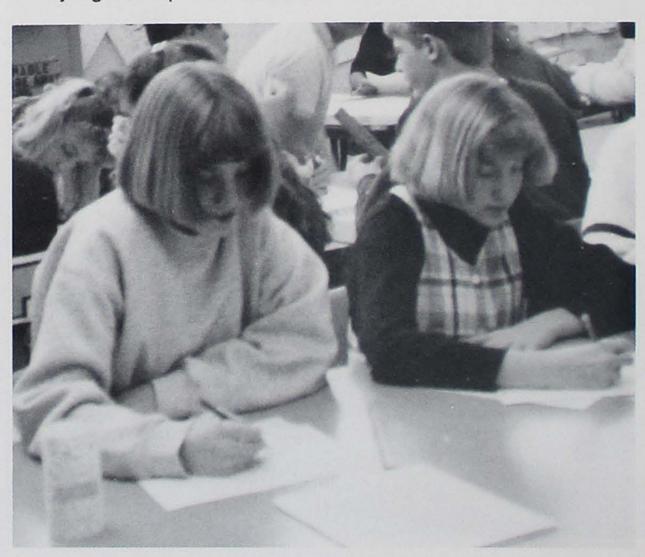
> "It's a needed break from academics; it's relaxing and creative," senior Holly Lephart said.

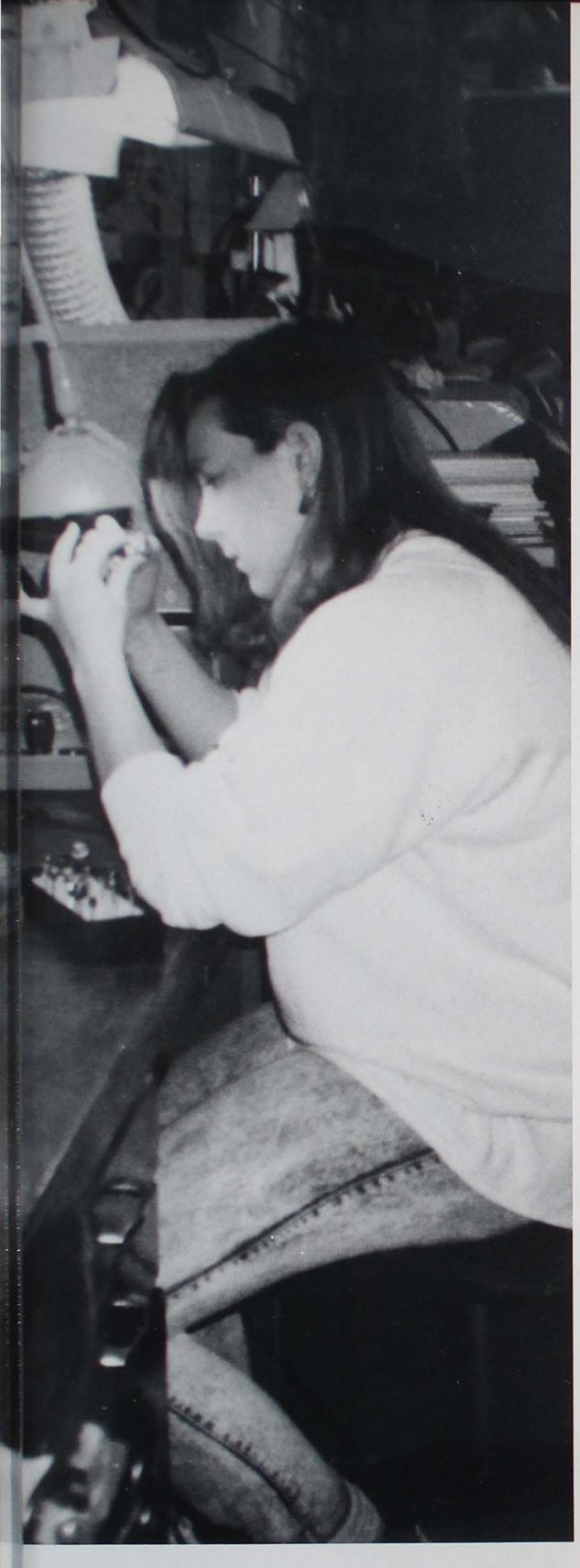
> Even if it was taken just for a break, students' reasons for taking art classes could be different extremes; from fun to the need to have it, and everything in between.

During Dorothy Gugel's seventh period art class, freshmen Diana Vanderschaff and Karin Tollefson create and scrutinize their thumbnail sketches for a poster design. (Photo by Beth Fatland)



Taking a moment to look at his subject with a different perspective, freshman Kevin Lawler concentrates on thumbnail sketches and tries to produce a satisfactory idea. (Photo by Laura Zachary)







With pen in hand, freshman Mike Eagan carefully practices his alphabet while concentrating on the calligraphic technique presented in his two-dimensional art class. (Photo by Laura Zachary)

During their two-dimensional art class, sophomore Mark Skluzacek discusses the brush technique with a friend, while sophomore Jennifer Remsburg critiques the painting. (Photo by Laura Zachary)





During her seventh hour free periods, junior Peg Hrabak works on hand polishing and smoothing her sterling silver gemstone ring for Susie Petra's Jewelry I class. (Photo by Beth Fatland)

While hanging up a new design to exhibit to their classmates, freshmen Hillary Firestone and Marie Stover admire the recently printed silkscreen t-shirt. (Photo by Laura Zachary)

rite On

Publishing meant coping with deadlines

-Jennie Pelz

slept snuggled in "Web" staffers slaved to finish the next issue of the school newspaper on time.

'Scratch Pad' members also had deadlines to meet. They met weekly to pour over hundreds of entries, trying to decide which would go into the magazine.

The emphasis on "Scratch Pad" was creativity. From the creative questions asked on the applications to the new appearance of the magazine itself, Ames High's literary magazine had definitely changed.

"Scratch Pad" is going to take on somewhat of a new look this year. We are taking the production outside of the school district to a publisher. We think this will

give us more time and will hopet 3:00 in the morn-fully look more professional," ing, while others junior Connie Hsu said.

their beds, the over 200 were printed in the work for each of us," senior magazine, including poetry, short stories and art work. "Scratch Pad" members put the entire magazine together with help from advisor Kirk Daddow.

> "We need Mr. Daddow around to keep us motivated. He adds situation. a sense of reality and reminds us of our deadlines," sophomore Stephanie Coon said.

editing and writing.

"'Scratch Pad' is an awesome Sarah Ford said. way to get experience editing a magazine. I plan to major in English in college so this will look great on my applications," senior Michelle Hoover said.

Another way to show off talent was to join the "Web" be an advantage because it will staff. The newspaper was pub-

lished every three weeks.

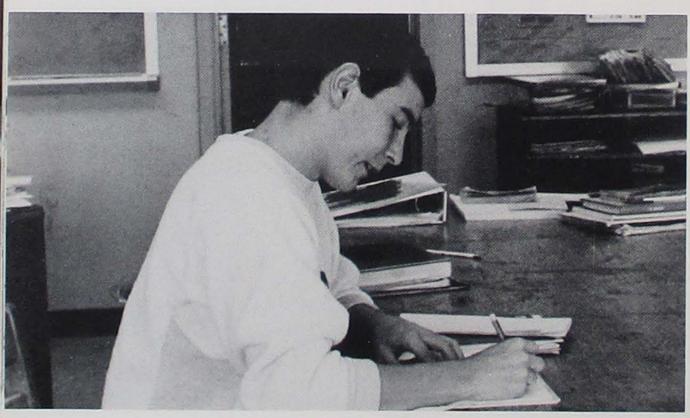
"We only had seven people on staff, which was pretty puny, Out of almost 400 entries, and that meant a lot of extra Steve Wuhs said.

> Although the size of the class was small, especially first semester which only had four members, some staff members found positive aspects to this

"Even though we put in a lot of long hours I liked having a smaller class because we "Scratch Pad" was also a worked really well together and good way to get experience in had a lot of fun. We just sat around and laughed," senior

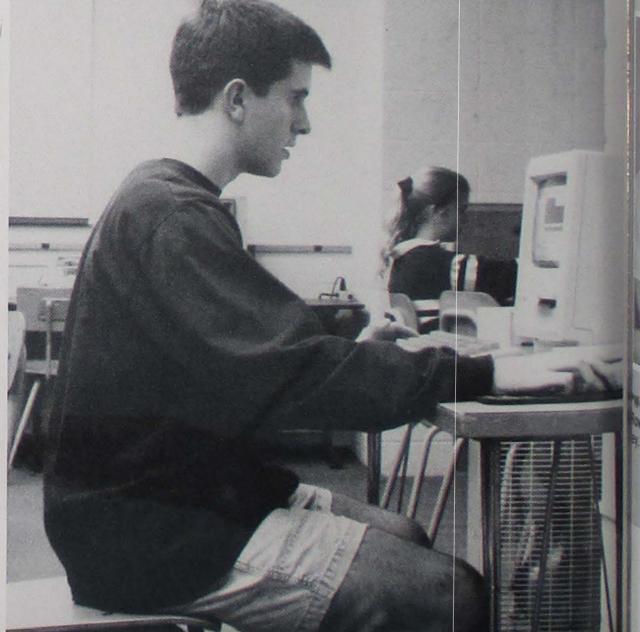
> Whether students chose to publish their works in the newspaper or in the magazine, one could be sure of a lot of hard work, but also a good time and the satisfaction of seeing their words on paper.

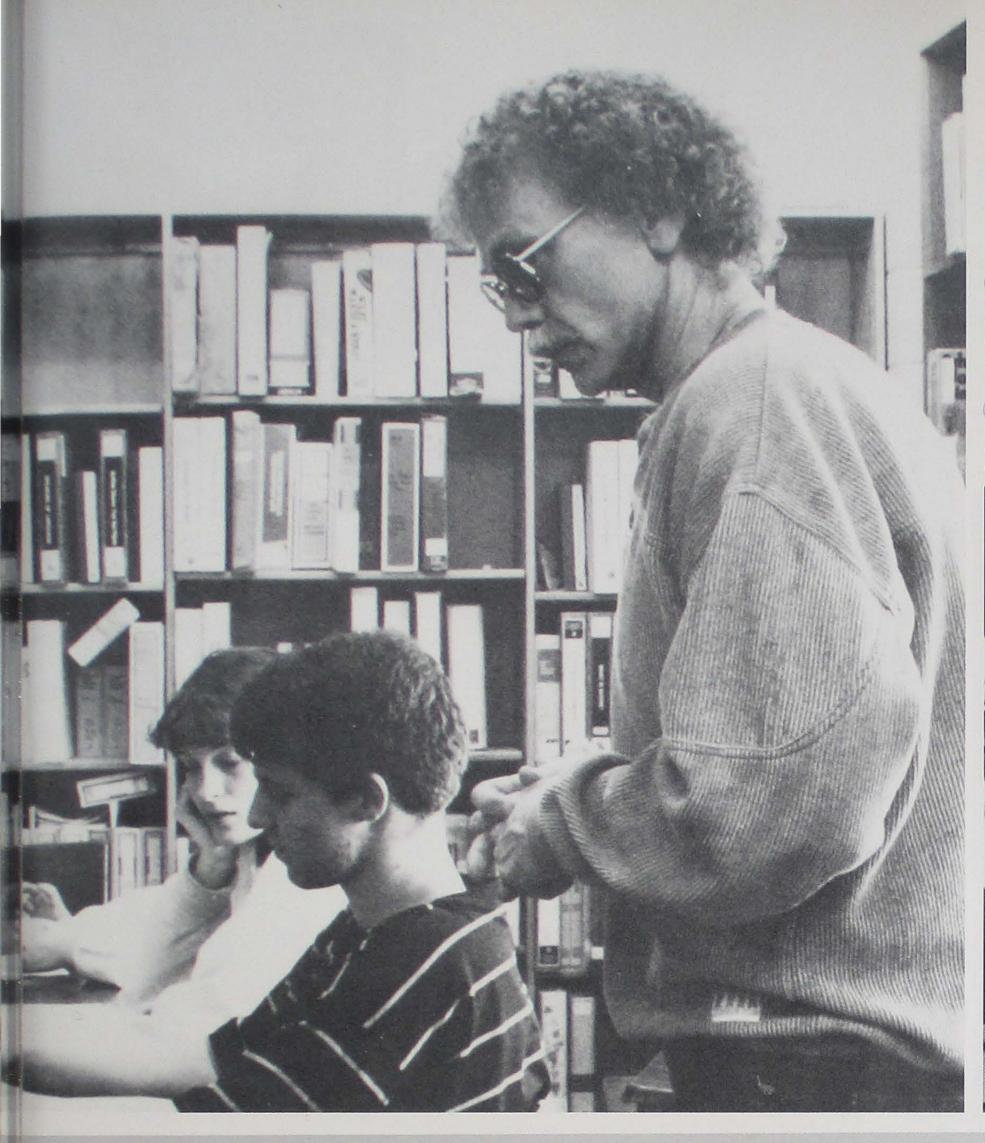




Working on a story for "Web", senior Eric Bappe writes interview questions. "Web" was published once every three weeks, and could be found in The Daily Tribune. (Photo by Paige Hoefle)

Trying to meet a deadline on time, senior Steve Wuhs works on a Mac-Intosh computer designing a layout for the "Web". All work for the newspaper was done on a computer. (Photo by Paige Hoefle)

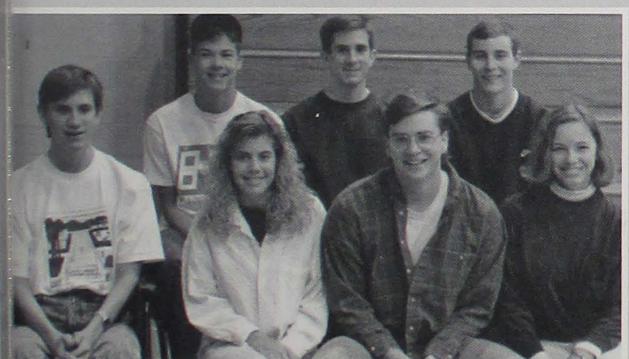




Advisor Kirk Daddow watches as "Scratch Pad" board members meet and discuss entries. Members reviewed over 400 creative stories, poems, and art works by students. (Photo by Paige Hoefle)

"Scratch Pad" Co-editor Connie Hsu reads a possible entry while board member Heather Schafroth looks over other entries. (Photo by Paige Hoefle)





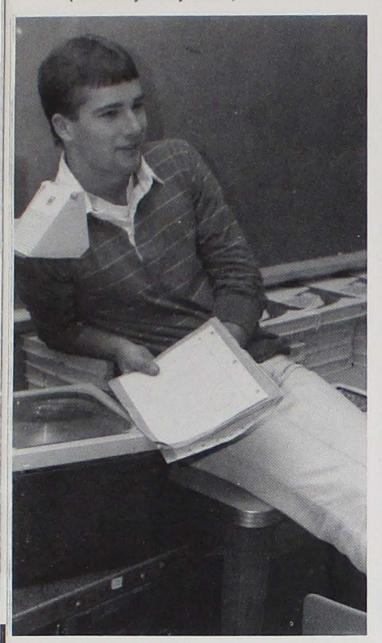
Web". Front Row: Frank Genalo, Amy Hausman, Kirk Foote, Jennie Jones. Back ow: Mike Corones, Steve Wuhs, Eric Bappe. Not Pictured: Sarah Ford, Chad Faidy.



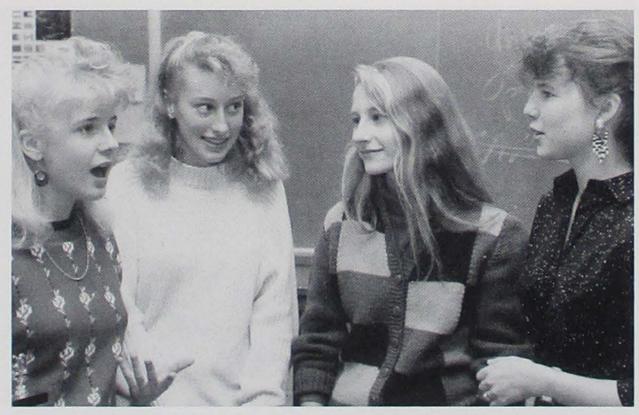
"Scratch Pad". Front Row: Keri Daddow, Matt Welch, Stephanie Coon, Erin Hoffman, Giselle Magat. Second Row: Lin Xia, Connie Hsu, Nupur Ghoshal, Karen Hsu, Michelle Hoover, Christy Scott. Back Row: Ron Shinar, Gretchen Vogel, Heather Schafroth, Advisor Kirk Daddow.

In his Western Civ. II class, instructor Marv Scott supervises juniors Tammy Ford, Missy Thomas, Kim Oldehoeft, and senior Brandon Akes in the making of WW I airplanes. (Photo by Steve Wuhs)

Being able to choose where you sat gave sociology class a more informal atmosphere. Junior Tate Womack relaxes while they talk about being on the television show, "Young People Speak Out". (Photo by Andy Scott)

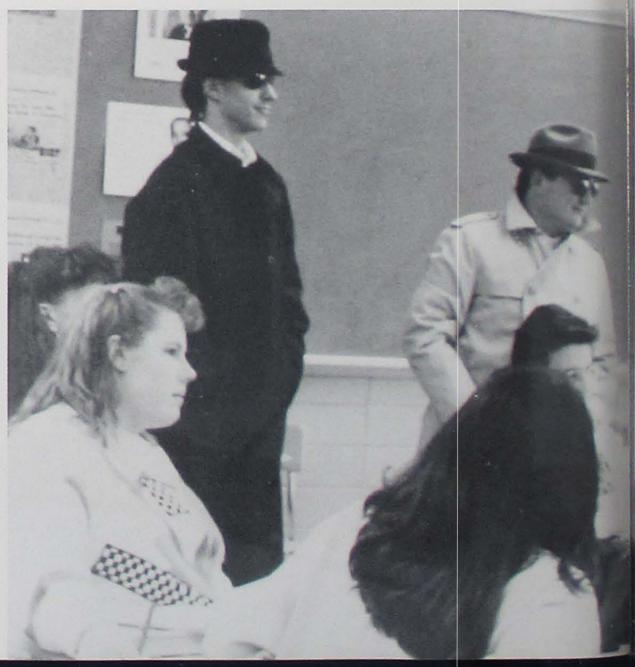






Sharing the History Day trophy in Honors American History, sophomore Christine Pfeifle discusses the project with sophomores Kori Heuss, Erika Helmuth, and Cassandra Biggerstaff. (Photo by Andy Scott)

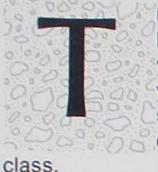
During Tom Jorgensen's Sociology crime unit, senior Steve Beaudry and Kirk Schmaltz dress up as two Mafia men while juniors Elizabeth Holder and Staci Kepley look on. (Photo by Laura Zachary)





ne Warp Moutes flew by in social studies

Becky Jorgensen



rying to hold back a yawn, your desk and other 43 minute

comes an adult with a gleam in his eyes and tells you that you're going to have fun learning! Who is this hopeful creature? You've got it, a social studies teacher.

Through these teachers, students found that social studies classes were more than just lectures and filmstrips.

"In groups, we went through a chapter and made a chart of all the different governments of the world. It made learning more informal which made it easier to

During Richard White's Anthropology class, students had the opportunity to switch gender roles. Junior Janea Carter applies mascara to junior John Seim's eye lashes. (Photo by Staci Doolearn," senior Rob Parrish said. Verhoeven) made you search

Learning was also made easier when students were allowed to study someone or something you lean back in in history that interested them.

"We picked a topic in Honors settle in for an- American History and became experts. I learned about Victoria Woodhull. She was a wonderful But wait! In through the door feminist. I think it was neat to learn about her because she is not remembered," junior Katie Mayfield said.

> Having a choice in what you could study was important to students.

"Mr. (Jim) Duea wanted us to do a History Day project, but he gave us the choice to do a book report on someone in history as an alternative. It was nice to have a choice," sophomore Colin Brennan said.

Besides learning through independent study, group projects also seemed to break the monotony of class.

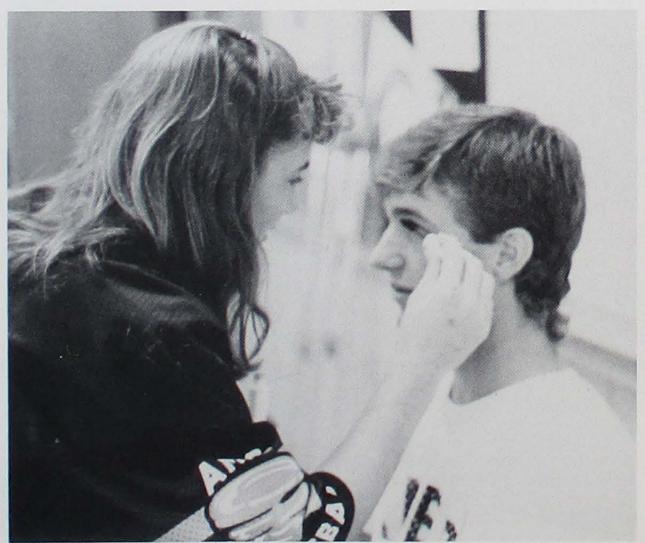
"We got into groups and did three big projects using slides, videos, and reports. She (Liz

out something you've never known before, so you were learning new things that pertained to a region you were studying or going to study," freshman Nick Lloyd said.

Studying was also fun when students had the chance to get involved in in-class activities. Sociology class was the perfect place to do this, since it dealt with interaction of people in society.

"We got into little groups and we rated professions in order of how prestigious we thought they were. We were doing it to show that prestige is hard to measure and that it all depends on your viewpoint," junior Staci Kepley said.

Being able to express their own viewpoints helped students to stay enthused in social studies classes. And the 43 minutes didn't seem so long.





On their way to Chicago with the AP Western Civilization class, juniors Christine Chen and Lin Xia talk about what they will see at the Chicago Institute of Art. (Photo courtesy of Heather Martin)



yond Basics Model UN offered lifelong skills

-Jennie Jones

eadin', 'ritin' and 'rithmetic — the three reasons you're supposed to be in school. But

those aren't the only skills you need in the real world.

Extra-curricular activities like Chess Club and Model UN were two ways eager minds developed a broader aptitude for getting along in life.

"In front of the (Model UN) delegation you have to be able to speak your mind expositorily because people come up with junior Ron Shinar said. wild statements and you have to counter them that instant. You also have to be unselfconcious about what you say because you're up there in front of 500 people," senior Dan Dobson said.

Model United Nations is a reenactment by students of an actual session of the United Nations. The whole time the 'am-

bassadors' are supposed to represent their countries as accurately as possible, while following the rules of the United Nations. Being able to play that role, while adhering to all the requirements, takes lots of practice and research.

"We learned basically how the the board. real United Nations works, things like debate etiquette and parliamentary procedure, which we practiced each week. We also have to know about our country's position on important issues and to be able to represent it on one of those issues,"

Knowing the importance of your and your enemy's position wasn't just a concern for Model UNers. For members of the chess club, it determined whether they won or lost the game.

"When I played at the national level, the first person to screw up lost the game. That taught me how to concentrate because you have to sit at a board playing

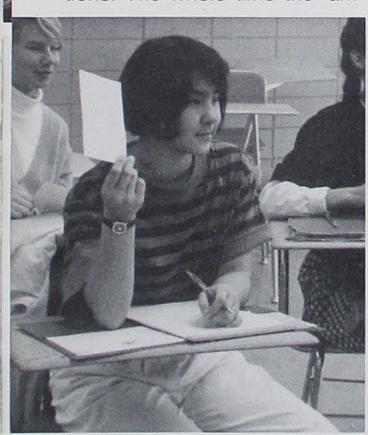
a game for two hours while carefully plotting each move," senior Heidi Brayton said.

In athletics, discipline involves the body. In chess it involves the mind. And with all the time between moves, it requires a mind that doesn't wander from

"Patience is one of the big things I've learned because you have to wait for your opponent's move for so long. Now I'm also more organized and strategic in my approach to many things," sophomore Bret Larwick said.

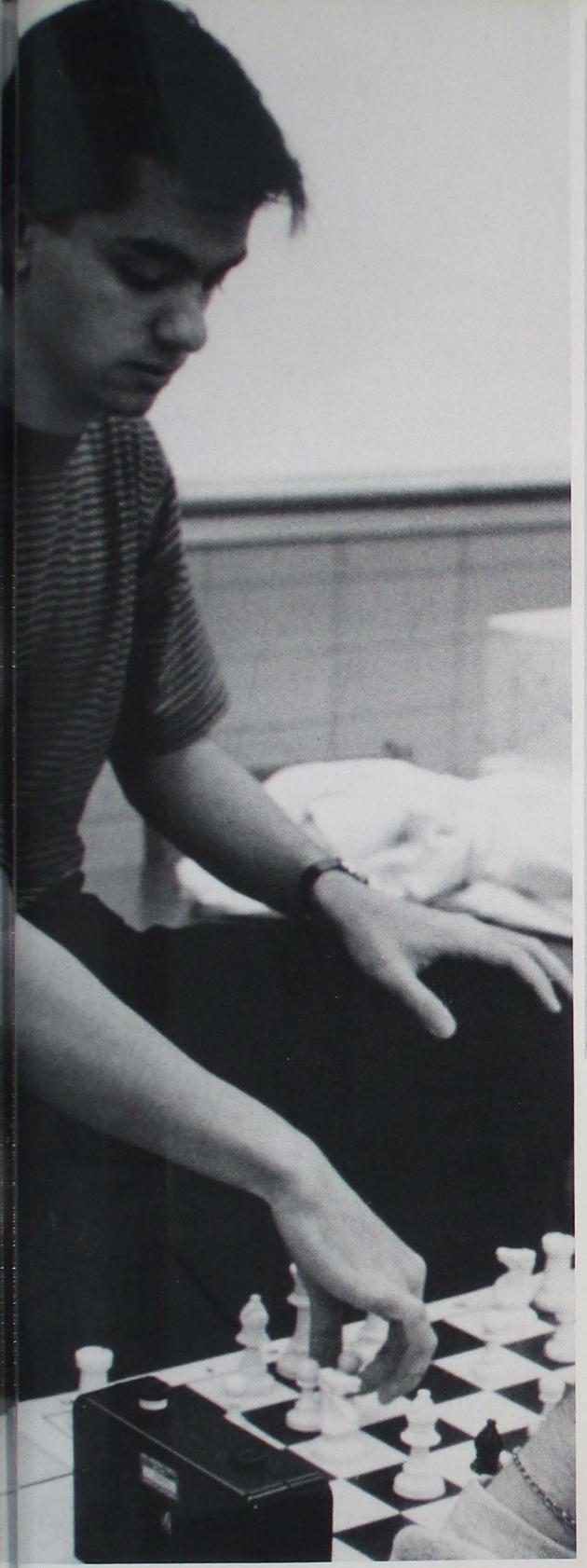
While the three R's are necessary to know, teaching patience and planning aren't always on a teacher's agenda. And dealing with the obnoxious delegate from Libya usually isn't part of the core curriculum.

Carefully plotting his next move, sophomore Gustavo Riesco contemplates all the possibilities before him. Riesco and others met every Wednesday to play chess against each other. (Photo by Andy Scott)



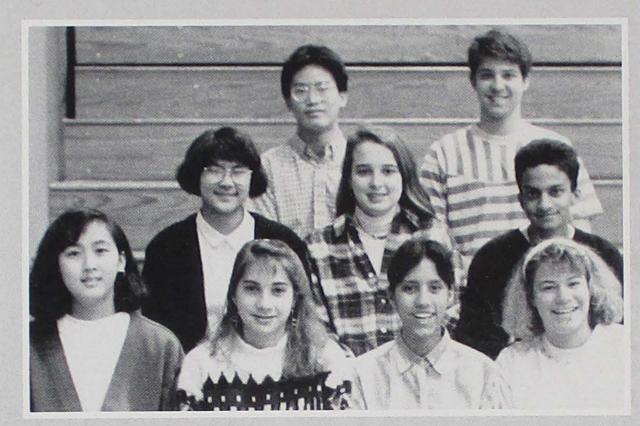
Just as real United Nations ambassadors must raise placards to be recognized, so must junior Connie Hsu while she practices parliamentary procedure during a Model UN meeting. (Photo by Andy Scott)







Chess Club. Front Row: Nick Lloyd, Dave Andre, Raji Gandhi. Back Row: Heidi Brayton, Mike Cantonwine, Stuart Penney. Not Pictured: Bret Larwick, Nick Nakadate, Dan Anderson, Jason Volmer.



Model UN. Front Row: Vicki Tsai, Amy Gardner, Nupur Ghoshal, Laura Vermeer. Second Row: Connie Hsu, Rachel Stansbery, Sumit Basu. Back Row: Andrew Liao, Ron Shinar.



With victory close at hand, senior Raji Gandhi calmly moves to 'check' his opponent's king. Gandhi captured third place at State with his chess-playing abilities. (Photo by Andy Scott)

Andre keeps up skills that earned him the spot of first in the state three years in a row. He also led the team to a first place win at State this year. (Photo by Andy Scott)

Working a geometry problem on the board, sophomore Beth Muller concentrates on the answer. Many teachers liked this approach to homework checks; they could tell if the student really understood. (Photo by Paige Hoefle)

Receiving help from Math teacher Tony Vander Zyl, sophomore Krista Olson finishes her homework. Many students visited the Math IMC for help with their homework problems. (Photo by Paige Hoefle)







Taking notes in Computer Programming, sophomore Jamie Lang learns how to make his own programs and how the programs are applied. Students found computers helpful to their potential careers. (Photo by Paige Hoefle)

Computer partners, freshmen Collin Page and Ben Koch discuss how they should finish their assignment in Computer Applications. Many students enjoyed working with a partner. (Photo by Steve Wuhs)



areerMoves

computerized world required math skills

-Jennifer Holden



any students realized that basic addition and subtraction

wouldn't cut it: 2+4+2=8turned into Control-X.

Living in a computerized world, math and computer classes were almost a necessity. Those offered had varying degrees of difficulty to meet all students' needs.

Many students took math and computer classes to help them after high school.

"I took both math and computer classes to get accepted to a good college, plus there is a

The Math IMC gave students a chance to receive a little help from classmates. Freshman Kelly Hawley and sophomore Adam Readhead help each

great future in computers. Without basic knowledge of compucery clerk," senior Katie Schafer said.

Some students took classes that would help them in the future, while others took classes because they thought they had

"I work on a computer every day at Partners Real Estate office. Sometimes they are confusing, but they usually help with the work load," senior Kelli Hemme said.

Some students had basic knowledge in general areas about math and computers, so knowledge with classes.

"I started out with basic com- McConnell said. puter skills, then realized what potential the computer industry has to offer people who under- accomplish anything. stand how to use them," senior

Paul Gibbons said.

Many decided to take courses ters, you wouldn't last as a gro- that were a challenge to them.

> "I'm taking Algegra B, and plan to remain in the harder courses during high school, because it is challenging. I think the harder courses will prepare me for college better than the not so challenging," freshman Mike Eagan said.

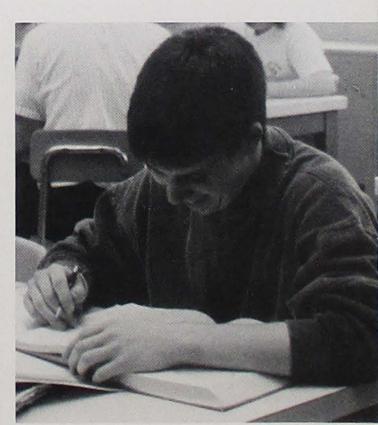
> Many students found that when homework got a little confusing, a little help with their projects was needed when things got too complicated.

"I like computers, but sometimes Mr. (Dick) Lang gets a little complicated with his teaching, they decided to widen that and I need help to get over the confusion," sophomore Phil

> Students realized with a little work and a little help, they could







Realizing how easy the assignment really was, senior Dave Burnett laughs to himself. After a difficult problem students often released their stress in the Math IMC by humor. (Photo by Paige Hoefle)

Taking a break at State, Academic Decathlon members senior Frank Genalo, junior Karl Lundy and senior Jed Peterson prepare to eat dinner at Cronk's restaurant. (Photo courtesy of Kirk Daddow)

Waiting for the speech competition to begin during the Academic Decathlon state meet, seniors Kurt Munson and Molly Holz relax in the Denison High School Cafeteria. (Photo courtesy of Kirk Daddow)







Academic Decathlon. Front Row: Karl Lundy, Tom Oakland, Frank Genalo, Andrew Liao, Kurt Munson. Back Row. Advisor Kirk Daddow, Molly Holz, Dan Dobson, Dan Anderson, Jed Peterson. Not pictured: Sumit Basu, Ron Shinar.



Quiz Bowl. Front Row: Terrill Johnston, David Andre, Sumit Basu, Ron Shinar, Nupur Ghoshal, Andrew Lisa Second Row: Advisor Kirk Daddow, Lin Xia, Karl Lundy, Kurt Munson, Michael Cantonwine, Marit Munson. Back Row: Rachel Stansbery, Christine Chen, Jeff Osweiler, Heather Schafroth, Rob Hentzel, Vicki Tsai, Karen Hsu. Not pictured: Brian Allen, Cassandra Biggerstaff, Doug Bock, Dan Dobson, Frank Genalo, Molly Holz. Ben Jackson, Kent Kavanagh, Kirsten Lassila, Andrea Muchinsky, Steve Shapiro, Mark Strahan, Matt Thomas Mary Trahanovsky, Theresa Yaney.

Frain Storm

Academic teams reigned over opponents

-Sarah Ford

hat Indian tribe
would be most
comfortable doing construction work on the
top floor of a

new sky scraper? Question got you puzzled? Well try listing the themes and symbolism in "The Great Gatsby". Feeling a little dumb? These questions are not only thought-provoking, they were the questions the Academic Decathlon and Quiz Bowl teams faced in competition.

The Academic Decathlon team consisted of 11 members who used their brain power in an activity that combined both skill and thought.

"I joined the team because it's a lot of fun, has many rewards, and when you're done you've learned so much. This year has really helped to put history in perspective for me," senior Molly Holz said.

The team was divided into three different groups according to the member's grade point averages, and then competed against other teams.

"Decathlon gives you an opportunity to express what you know, without depending on the grades you get in school," senior Tom Oakland said.

After practicing twice a week and placing second at Regionals, the team moved on to the state meet March 23 and 24 at Denison. To prepare, the members studied works in 10 areas.

"It was hard because there were so many different areas, but it was fun, and it looks great on college applications," junior Karl Lundy said.

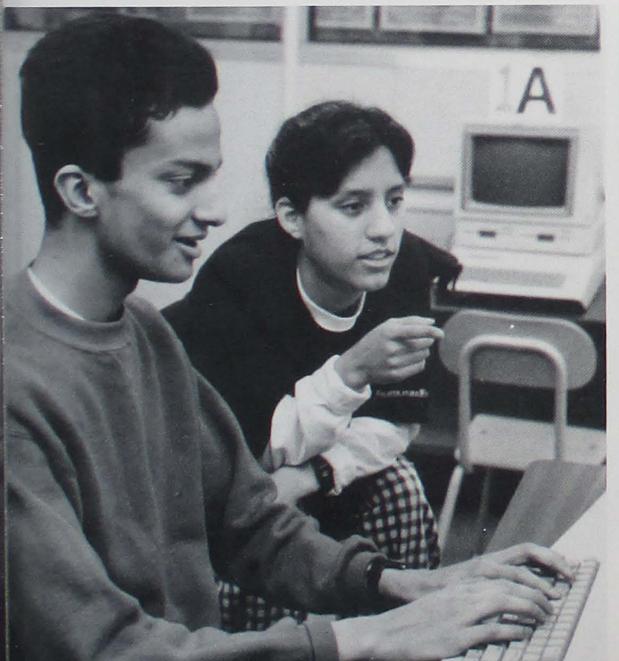
The preparation paid off when the team placed second at State. Senior Dan Dobson won a trip to Florida to compete nationally, and Holz placed second at state in the overall scholastic category.

Another team that placed second at state was the Quiz Bowl team made up of 27 members.

Using the media center computer lab, the team practiced and competed against other teams, answering general knowledge questions in the least time possible. They then reached the state meet where all the teams met face to face and buzzers were used to ring in the answers.

"I was really nervous at State because I'd never been in competition before, but it's a little like a big trivial pursuit game and it checks your knowledge as a group," junior Rachel Stansberry said.

So whether it was in the computer lab at Ames High, or facing teams one on one, the Academic Decathlon and Quiz Bowl teams maintained the high academic standard at AHS.



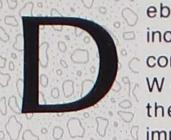


Working in the Ames High computer lab after school, juniors Sumit Basu and Nupur Ghoshal answer questions in preparation for an upcoming Quiz Bowl competition. (Photo by Andy Scott)

During the March 24 Academic Decathlon banquet held in Denison, seniors Tom Oakland and Dan Dobson admire Oakland's medal, which he won earlier in the state competition. (Photo by Andy Scott)

al>World Business classes prepared students

-Josh Murphy



ebits, credits, corporations.

these became Villwock said. implanted in the

minds of students who took business classes.

Business proved to be an increasingly popular field of study with over 800 students involved. Some of them took the classes in order to prepare themselves for future classes.

"I heard that typing was a necessary skill that would help me with other classes. It really helped me become more organized," freshman Jeff Bappe said.

Business was also a growing field at the college level. About 18 percent of the students at Iowa State enrolled in the business college. Some Ames High students foresaw this trend and enrolled in business classes to prepare them for college and a

future career in business.

"I'm interested in going into business in college. I figure income tax and there are a lot of opportunities in the business field because it's

> While business classes proved to be popular courses, some students just took them because they had the reputation of being a ticket to an easy "A".

> "I'll admit I took Accounting to boost my grade point," junior Vaseem Baig said. "But I feel I've really learned a lot that will help prepare me for college courses and for a career in the business world."

> One new class was added to the business curriculum. Applied Economics, taught by Darrill Abel, offered students the opportunity to form a company and sell a product with the help of a consultant from ISU.

> "I really like Applied Economics. It's different from any other business class that I've taken because we actually set up a

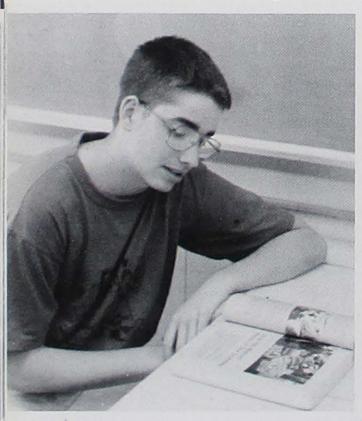
business, and work with a consultant from ISU. No other business class offers that," junior Tia Nemitz said.

But despite the fact that many Words like so broad," sophomore Spenser students found business classes good preparation for college, some students discovered that business was not an area they enjoyed.

> "I took accounting because I thought that I wanted to major in it in college," senior Robyn Renz said. "But after taking it and experiencing what it is really like, I found out that it's not what I expected. I just couldn't see myself doing this for the rest of my life."

> Whether it was for college or for a future career, business classes helped students become prepared.

Using the Appleworks program in her seventh period Typing II class, sophomore Jennifer Harner formats a page in order to type a letter. Harner's class was the only year-long typing class. (Photo by Staci Dooley)



Taking advantage of some free time during his eighth period Introduction to Business class, freshman Brian Linder reads a chapter on how businesses are organized. (Photo by Staci Dooley)



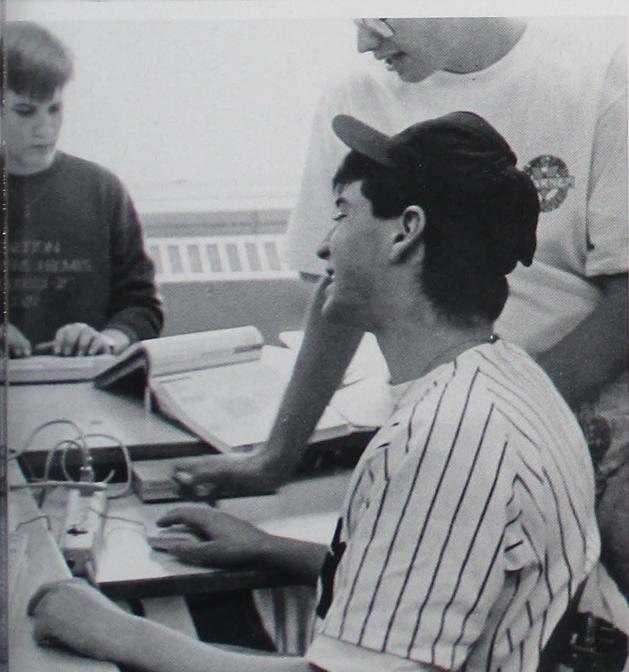




In Business Communications class, junior Dawn Newhouse works on punctuation and word choice. The course, which used computers to improve English writing, was only offered during second period. (Photo by Staci Dooley)

During Roger Jacobson's Accounting class, senior Katie Schafer helps senior Laurie Foderberg understand an accounting concept. The class also used computers to practice accounting methods. (Photo by Staci Dooley)

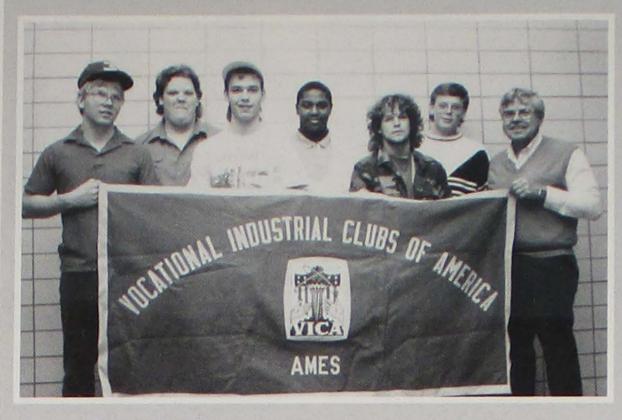






Using his art and typing skills, freshman David Pollard creates a master-piece on the "Mouse Paint" program on an Apple IIGS computer. The computers were new purchases for the department. (Photo by Staci Dooley)

In seventh period Typing I class, junior Chad Moats tests his speed and accuracy by taking a timing drill. By the end of the semester, Moats was able to type over 40 words per minute. (Photo by Staci Dooley)



VICA. Eddie Juncker, John Ries, Michael Moore, Ron Chieves, Rob Armstrong, Todd Schumer. Not pictured. Ty Thorson.



DECA. Front Row: Donell Lowe, Michelle Rayhons, Michelle Nelson, Debbie Bitz, Becky Dill, Amy Morrison, Kara Maehner, Camille Young, Aaron Clinton. Second Row: Coordinator Darrill Abel, Michael McDaniel, Ken Doran, Steve Wohn, Carrie Soy, Darice Brinkman, Genny Bates. Third Row: Buddy Price, Scott McGlothlen, Zach Vegge, Kim Webb, Shannon Madsen, Laurie Foderberg, Kelli Hemme. Not Pictured: Jessica Miller, Sally Metzger, Krista Posegate, Amy Moutray, Becky Huehn, Jayna Jarnagin, Dan Roe, Steve Kubera, Erik Langeland, Alan Ostendorf, Chris Tilley, Angie Brunner, Stephanie Davis, Tony Frasher.



Working at the Ames Chamber of Commerce after school, senior Sally Metzger prepares envelopes for mailing. She began working there after joining DECA in the fall. (Photo by Becky Dill)

DECA member Kim Webb works at Randall's to fill her 15 hour per week requirement. Part of her working experience included running the cash register and bagging groceries. (Photo by Becky Dill)



Ready Working for credit and cash

-Tia Nemitz

andling school is hard enough without having to add work. So through DECA and VICA, students put work time in during the day for class credit and cash.

DECA (Distributive Education Clubs of America) and VICA (Vocational Industrial Clubs of America) were offered to seniors only. They consisted of classroom instruction, on-thejob-training and club activities.

"Class is fun, but we still cover the information necessary for work and competition. We do a lot of group activities too," DECA member Camille Young said.

During their retreat in Madrid, seniors Zach Vegge and Jessica Miller act out a skit with other DECA members from across the state. DECA conferences gave students a chance to make new friends. (Photo by Steph Davis) Based on sales, advertising, human relations and merchandising instruction, DECA classes helped provide additional information applicable to job training.

"I've learned a lot that I can apply at work, for example, such things as how to communicate better with customers, take inventory and pricing," DECA member Michelle Rayhons said.

Some students took another route with VICA, which covered the essentials in the trade professions, including carpentry, electronics, cooking and auto mechanics.

Another important part of DECA and VICA was the on-the-job-training. Students applied skills learned in class during their required 15 hours of work per week.

"Working isn't all that bad. If you don't have a job already Mr. (Darrill) Abel will find you one. It's an excellent way to get credits as well as earn money,"

DECA member Alan Ostendorf said.

Club activities also offered the chance to use what students learned from both class instruction and job experience, as well as acquire leadership qualities, at a local, state and national level.

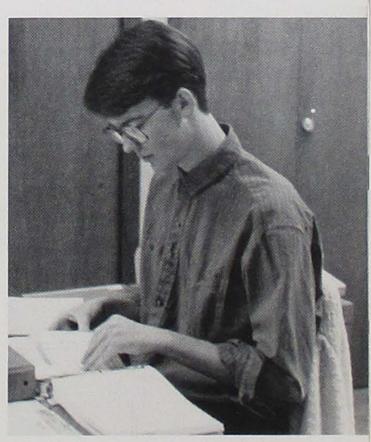
DECA members went to Des Moines and Fort Dodge for State and Regionals and San Jose, California for Nationals.

The VICA members attended conferences in Des Moines, Kansas City, Missouri and Tulsa, Oklahoma.

"We competed with other VICA groups from Iowa in the VICA Skills Olympics in Des Moines. It's a challenge but we managed to place first in several areas and third in another," senior Ron Chieves said.

It may have been challenging at times, but students managed to work their jobs in with school and earn credit as well as cash.





At Honda of Ames, DECA member Erik Langeland goes through the financial records. He applied bookkeeping skills learned in class to the actual onthe-job-training. (Photo by Becky Dill)

rty Jobs

-Nicole Stocks

aving grease under your fingernails and being up to your elbows in dust and grime wasn't the ideal classroom scene for many students. But in Industrial Ed and Drivers' Ed, students found themselves at home picking through carburetors and exhaust systems. And many agreed these classes helped them feel more independent.

"Auto Mech is cool because I can work on my car if something goes wrong. I feel more independent because I don't always have to take my car to a professional to get it fixed," junior Scott Groat said.

While Auto Mech classes helped students save money by teaching them to fix their own cars, Woodworking taught students the basics of constructing simple furniture.

Chasses offered a step to independence

"We learn all kinds of things in Woodworking. It helps you to understand the way things are made with raw materials. I know it will help me in later life since my dad is into woodworking also," junior Sheila Young said.

Other Industrial Ed classes focused on occupations from computer use to metal working. They stressed the skills needed to survive on the job.

"In our drafting class we really need to stay caught up in everything. The class has been very helpful in teaching us the way houses are constructed," senior Laurie Foderberg said.

Responsibility and safety were valuable in Industrial Ed. but, according to driving instructor Rob Heiberger, there was no place they were more important than behind the wheel.

"Driver's Ed teaches the student to look out for himself, and once they're on the road they'll find out about it," Heiberger said.

Students had their own ideas about the independence that Drivers' Ed gave them, and for most, the sooner they finished the class, the better.

"I just wanted to pass it and get the thing in so I could bust around on my own," junior Chris Dieter said.

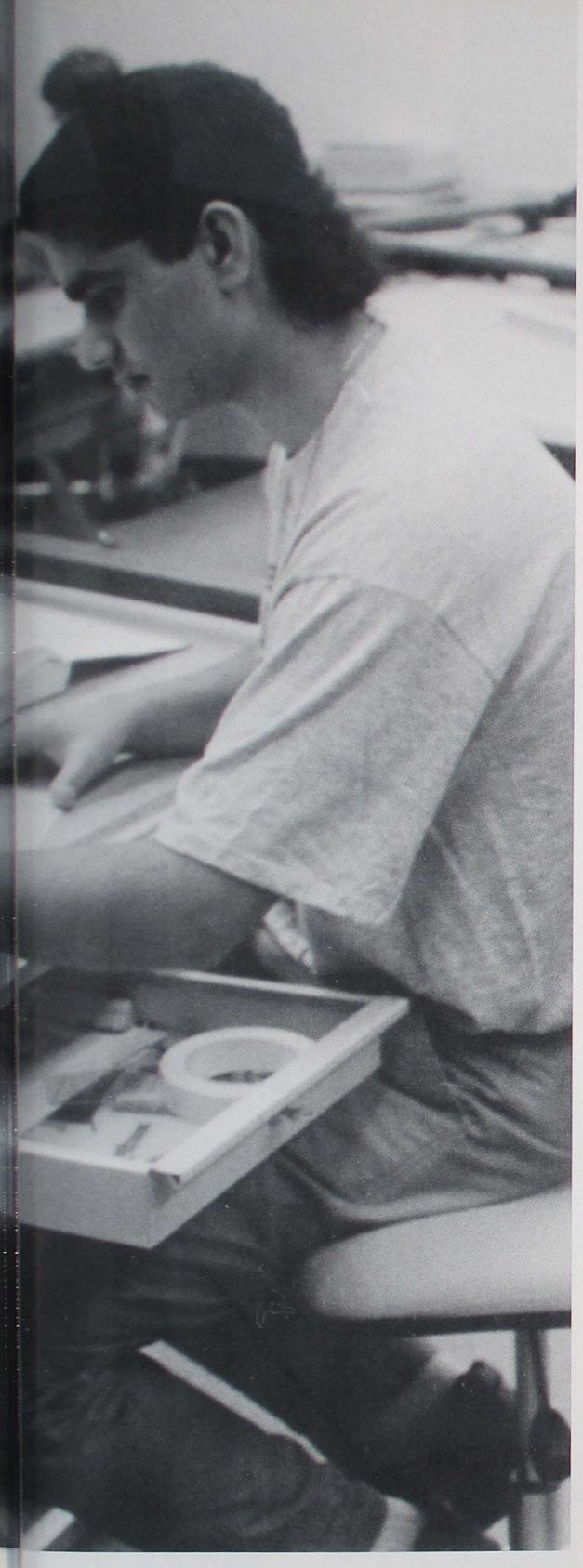
Learning to survive on their own was the original goal, and the goal achieved by most students who participated in and passed Industrial and Drivers' Education classes.

During his first day of "Behind-the-Wheel", a section of Drivers' Education, sophomore Brian Anderson reviews the five-step process in preparing to drive. His class met fourth period. (Photo by Staci Dooley)



During his seventh period Woodworking class, freshman Dave Haglund smooths the edges of his project with an electric sander. There were over a dozen projects worked on during the semester. (Photo by Staci Dooley)

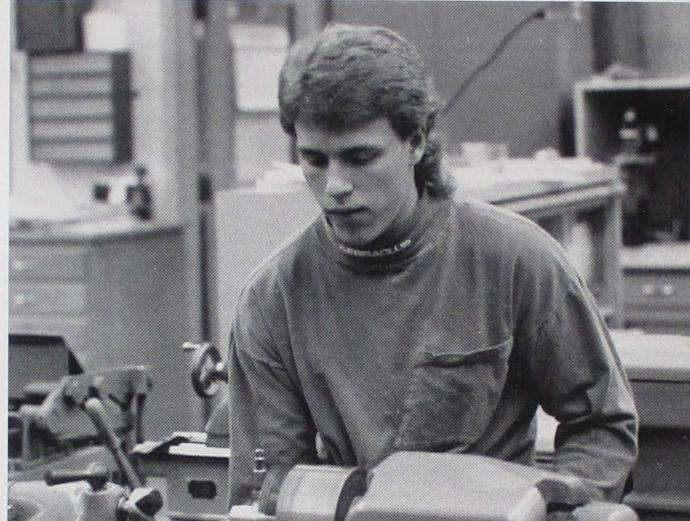






Making sure his puzzle pieces will fit together just right, sophomore Jake Reynoldson sands over his project to smooth out rough edges during his woodworking class. (Photo by Staci Dooley)

Working at a metal lathe in the metals shop, sophomore Del Keigley bores a hole in his semester project. Keigley was in Paul Olsan's seventh period Metals I class. (Photo by Staci Dooley)





Working on an assignment for his fifth period drafting class, senior Rakesh Dahiya measures the lines for plans of a house. Drafting helped students who wanted to become architects. (Photo by Staci Dooley)

Tightening a clamp, junior Dwaine Purdy secures his project to a table in the metals shop. Being relatively small classes, Metals I and II were both taught seventh period. (Photo by Staci Dooley)

eaching Out Students help themselves and others

-Jenni LaVille

roblems - common situations that students at AHS dealt with every day. Whether it was

a divorce, a failing grade or pressure to drink, there were support programs like Peer Helping, Key Club, and Project Success to help remedy every situation.

Peer Helping was a class designed for students who wanted to get in touch with their own emotions, which would then enable them to help others.

"It was a really fun class and

Class coordinator Kim Burnett presented the course in a much different way than a regular class. Rather than the basic desks-in-rows classroom, chairs were set up in a circle. This provided a laid-back atmosphere where the class could be comfortable and discuss serious issues.

"We studied a lot of topics, including AIDS, death, drugs and alcohol, dating and relationships, and a lot was dealing with self esteem. The main thing I learned was how to deal with different stages in relationships," junior Lisa Madson said.

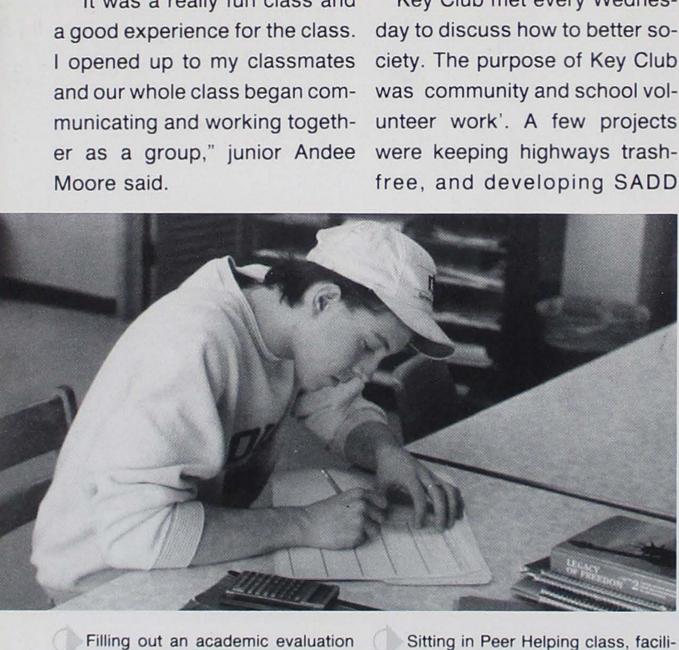
Key Club met every Wednesday to discuss how to better society. The purpose of Key Club was community and school volunteer work'. A few projects were keeping highways trash(Students Against Drunk Driv-

"The reason our group works is because we have a positive outlook on life. We help others by volunteering our time," junior Angie Kim said.

But many students had a very limited amount of time for extra activities because of their grades. Project Success enabled many students to improve their study habits, test scores, and grades overall.

"I had a really low history grade because I never did any of the work. Once I started going to Project Success, Mrs. (Alice) Richards really helped me and I raised my grade to a B,"sophomore Jessica Purdy said.

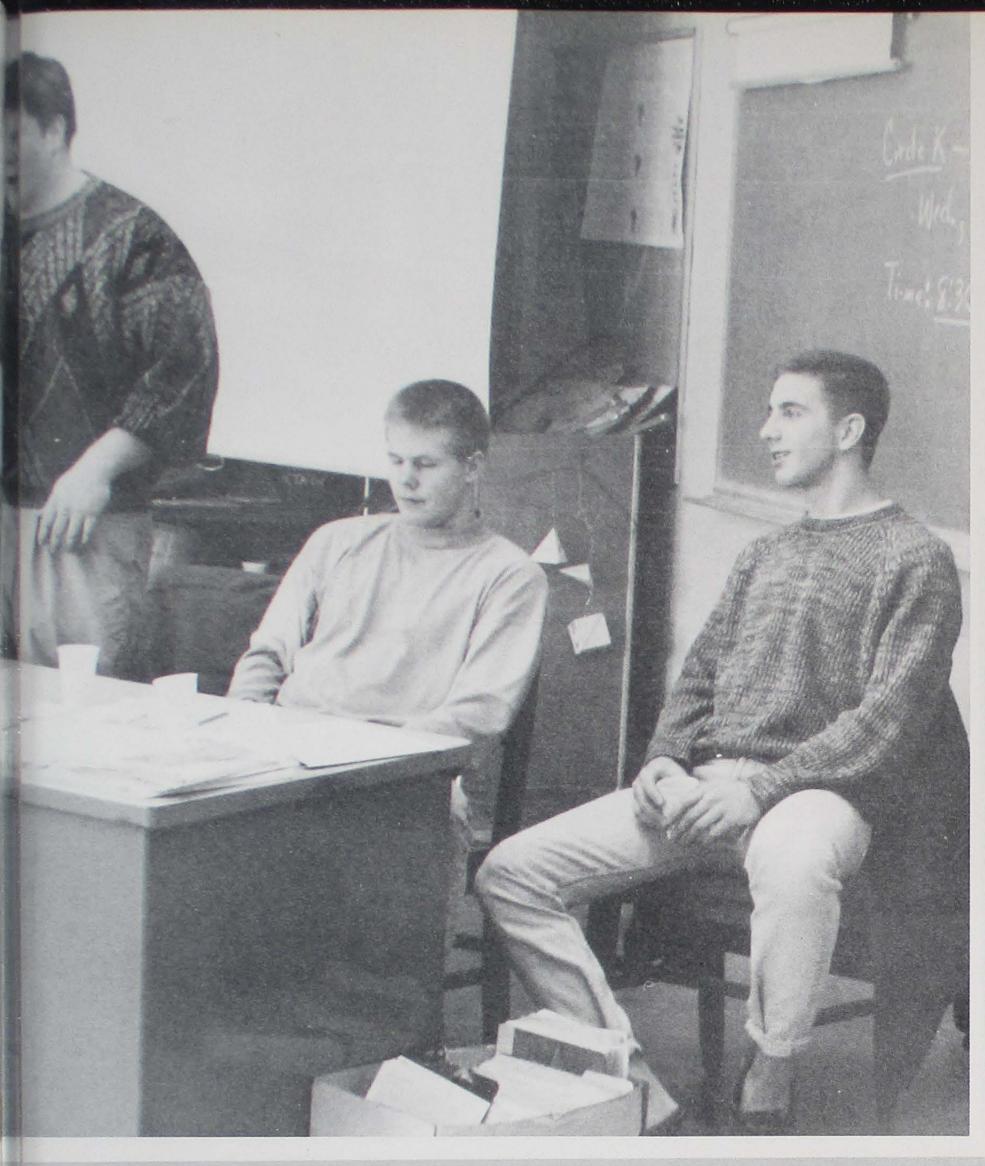
Although the groups began small in number, time and effort made them a big success.



form, junior Pete Egeland prepares for the future by getting a helping hand through Project Success. The program provided tutor and study time. (Photo by Staci Dooley)

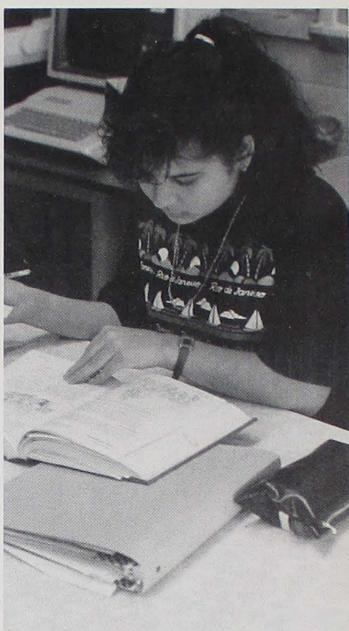
Sitting in Peer Helping class, facilitator Kim Burnett and junior Aaron Garcia converse with one another. The relaxed atmosphere made it easier to casually talk. (Photo by Jenni LaVille)





During a Key Club meeting, senior president John Paque and juniors Jay Johnson and Carl Forsling present new ideas for future non-alcoholic parties that Key Club could sponsor. (Photo by Staci Dooley)

During Project Success, senior Gabriela Cervantes memorizes facts for her interior design class. Project Success provided structured time for students like Cervantes to work. (Photo by Staci Dooley)





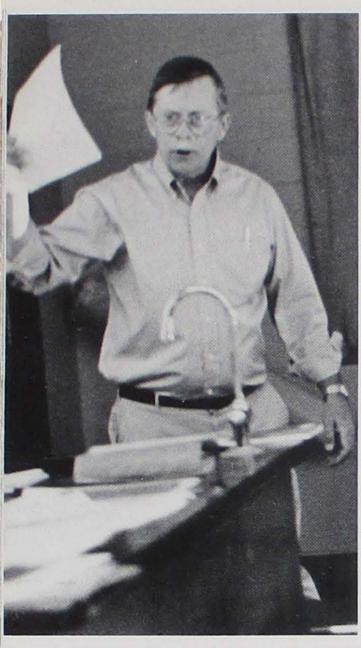
ser Helping. Front Row: Facilitator Kim Burnett, Andee Moore, April Soden, Stephanie Graves, Nicole Devens, nantel Jordan, Amy Hausman, Jolyn Brakke, Staci Kepley, Sarah Day, Anne McJimsey. Second Row: John aque, Tina Langston, Juli Nordyke, Carolyn Canow, Valerie Reed, Shay Grundmann, Brandee Griffen, Rachel altonson, Sarah Uhlenhopp. Third Row: Robyn Hunt, Kate Vaughan, Vesper Brace, Nicci Moreland, Genny ates, Vicki Meyers, Jena Scholl, Jennifer Bradley. Fourth Row: Mellissa Dean, Cathy Melvin, Barrin Sanache, Ita Rattanavongsa, Lisa Madson, Colleen Berg, Holly Thorson, Tasha Terrones. Back Row: Jeremy Hamm, yan Scavo, Jeff Spencer, Todd Guge, Matt Lippman, Mark Eckhoff, Steve Beaudry.



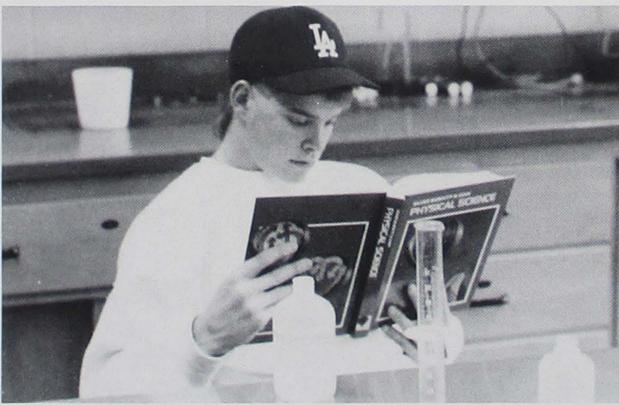
Key Club. Front Row: Jolene Hatfield, Jennifer Stewert, Tina Fehr, Kelly Shonrock, Laura Vermeer, Amy Wagner, Melani McCracken, Teresa Andrews. Second Row: Heather Martin, Tina Langston, Tracey Kenickle, Suzi Hunger, Beth Dinsmore, Michelle Dietz, Kari Nass, Yinan Ni, Elizabeth Holder. Third Row: Chad Moats, Sumit Basu, Jay Johnson, Joanna Pelz, Bonnie Link, Sara Buchwald, Becky Allen, Valerie Reed, LeAnne Ford, Brett Schillings. Back Row: Paul Stewert, Carl Forsling, Brandon Geise, Mark Wessman, John Paque, Aaron Deitz, Beth Fatland, Jennifer Harner, Karl Lundy.

Neglecting to wear their protective eye goggles, seniors Amy Hausman and Jaime Daza experiment with different chemicals and learn about evaporation in their Chemistry A class. (Photo by Becky Dill)

Teaching plate tectonics to his ninth grade Earth Science class, teacher Steve Adams places notes on the overhead. Adams was a favorite teacher of many students. (Photo by Becky Dill)







Silently reading the assigned chapto himself, junior Brody Linder prepares to pour water into a graduated cylinder during his seventh period Physical Science class. (Photo by Becky Dill)

Combining chemicals to create a sulfuric solution, senior Gerald Thomas studies the elements. Thomas was one of the many students who found enjoyment in learning. (Photo by Becky Dill)



Weird Science

Classes were enjoying and educational

-Becky Dill



t seemed like most students found their classes all work and no play. Well, maybe not ev-

ery class . . .

"I must say Physical Science is most excellent. It's an easy class if you're looking for one. It's hardly any work, and it sure is fun," junior Colleen Berg said.

Some students found they could have a good time through learning. A few science classes broke the stereotype of being just another boring class and proved to be a fun experience.

"Mixing chemicals twice a week for chemistry class is fun. I love it! Finding any chemical

Measuring the components of force vectors in their Physics B class, juniors Sherry Goshorn and Dawn Hunter work with a pendulum they constructed themselves. (Photo by Paige Hoefle)

and learning what it does is realy neat," senior Jim Lacasa said.

A few students found the reason for their enjoyment in class was purely derived from the success of the teacher.

"Mr. (Steve) Adams is great. He's really cool. Now we are studying plate tectonics. He helps you understand it well and he lets you have fun with it," freshman Marie Stover said.

One student teacher became a popular addition to the science department. She introduced a new and unique way of teaching high school students could relate to.

"Our new student teacher, Ms. Michelle Lockeridge, makes chemistry class fun by doing out of the ordinary things. We play a game called 'guess that substance' that really makes the labs seem short," senior Angie Brunner said.

Some students found the best

way to have fun in class was to not be there. No, not skipping class. They used the always clever class escape route, ECO.

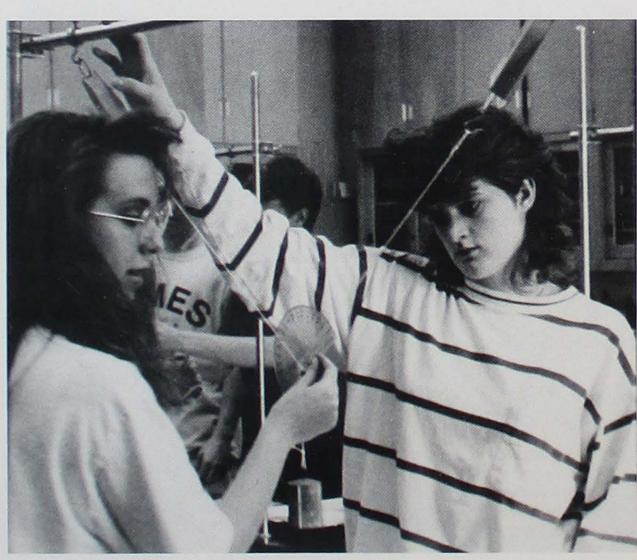
"We have a field trip coming up; we get out of school all day. I'm pretty excited about it," freshman Kelly Randles said.

Many students felt that ECO or just fooling around during class were both good ways to survive the long and tedious school day. They found that being the class clown really helped pass the time.

"I goof around a lot in my Biology B class, especially with the new student teacher. We do a lot of labs and those are good times to goof around. Generally, all the time is a good time to goof around," sophomore Chris Bundy said.

Whether it was a student acting crazy or a teacher with a new style, students found they could learn and still have a good time.







Placing his petri dish in an oven specifically for the growing of bacteria, sophomore Nathan Pelzer learns about viruses in his fourth period Biology B class. (Photo by Becky Dill)

ard Work

Students were on a quest for perfection

-Beth Fatland

ractice makes perfect. You've probably heard that phrase over and over and you'd like to push the next person who says it off a cliff. But practice does make perfect, and it takes time. Many Mock Trial and Debate Team members found striving for perfection consumed more time than expected.

house we wer at," sophomor at, sop

"I spent a lot more time with Debate than I bargained for, but you have to invest a lot before you get anything back," senior Nicky Wesley said. "It really paid off. You could tell who had practiced and who hadn't."

Practice wasn't the only activity that swallowed time. Sometimes the quest for an answer to the simplest question took the longest to find.

"We spent a lot of time practicing, but I think we wasted a large majority of it deciding whose house we were going to meet at," sophomore debater Matt Haubrich said.

Since Mock Trial and Debate were extracurricular activities, students had no class time for preparation. A large part of it was done after school and on the weekends.

"We spent about 12 hours on weekends at the library after we got the case. Finding information is time consuming. Everything refers you to another source," sophomore Kori Heuss said.

Once they found the sought after theories and ideas, the teams went to work organizing.

"After we got the case, we had large group study sessions twice a week, two to three hours after school; then we broke into teams and Mr. Holm, an Ames attorney, helped us prepare the questions to ask," freshman Barbara Smith said.

Besides being prepared, practice led to other benefits.

"The debate competitions were the best. We got to meet a lot of new people and had a lot of fun," sophomore Laura Vermeer said.

Even if perfection wasn't reached, the time and preparation that went in wasn't wasted. Freshmen Kirsten Lassila and Avanti Athreya placed in a Lincoln-Douglas debate, and one of the three Mock Trial teams became one of four state semi-finalists.

"The time spent was learning about law, and that benefits people regardless of whether they choose law to be their profession in the future," junior Connie Hsu said.

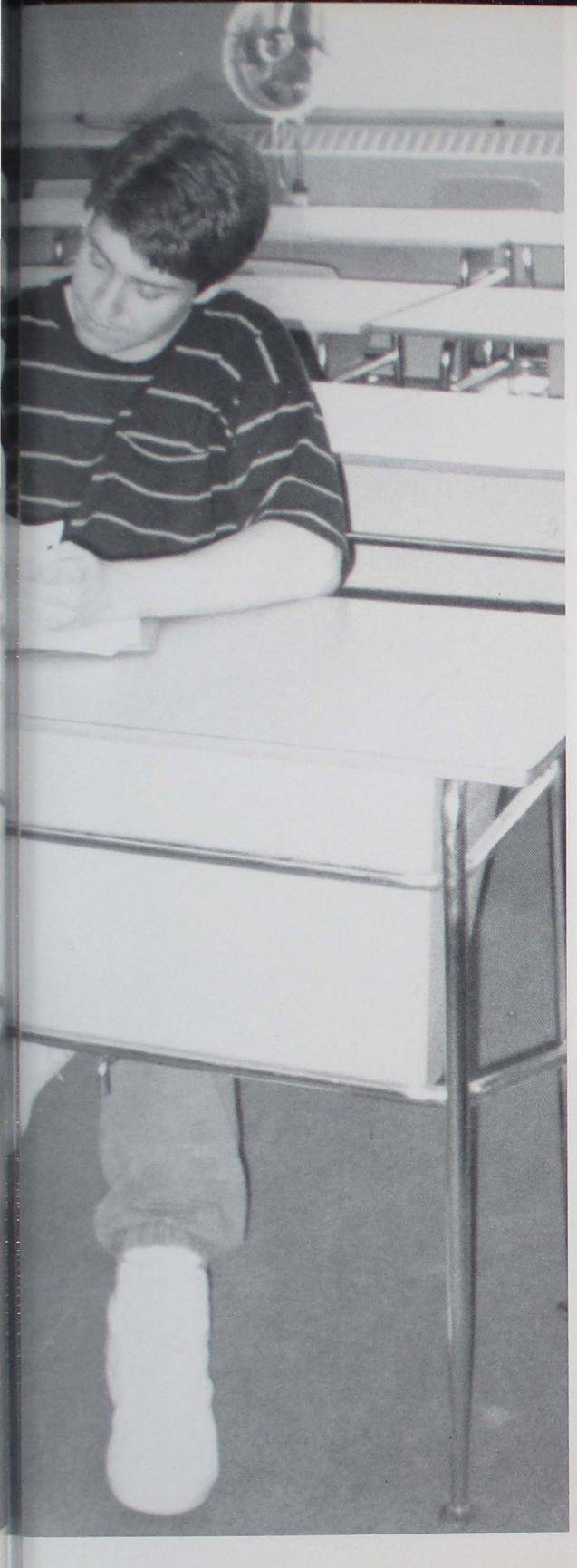
Going over her Mock Trial materials and preparations, junior Cindy Hawley reviews her standings before an important case. Mock Trial members practiced twice a week. (Photo by Beth Fatland)



Working on their case and refining their questions, Mock Trial defense attorneys junior Karl Lundy and sophomore Steph Coon lay the foundation for their defense. (Photo by Beth Fatland)





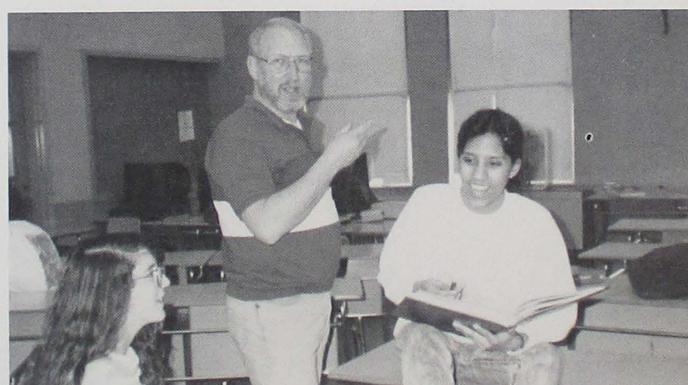




Mock Trial. Front Row: Amy Gardner, Crystal Houge, Derek Kruempel, Becky Moore, Christine Willard, Kori Heuss. Second Row: Tom Burns, Gwendolyn Horton, Cindy Hawley, Rachel Stansbery, Karen Hsu, Connie Hsu, Nupur Ghoshal. Back Row: Karl Lundy, Sumit Basu, Wendy Huang, Jennifer Moehlmann, Barb Smith, Steph Coon, Ron Shinar. Not Pictured: Jennifer Chen, Matt Haubrich, Andrew Liao.



Debate. Front Row: Amy Gardner, Laura Vermeer, Amy Wagner, Kori Heuss. Second Row: Andy Glatz, Tom Burns, Kirsten Lassila. Not pictured: Avanti Athreya, Nicky Wesley.



Concentrating on his key theories and angles, junior attorney Ron Shinar prepares for an upcoming case. Shinar had to persuade judges of his client's innocence. (Photo by Beth Fatland)

Discussing an idea with their Mock Trial advisor Roger Jacobson, sophomore Christine Willard and junior Nupur Ghoshal brainstorm on case positions and theories. (Photo by Beth Fatland)

Students got a chance to make a lot of unique foods in their home economics class. Using an English muffin for the crust, freshman Leda Cole helps herself to pizza toppings. (Photo by Staci Dooley)

Attempting to make the ultimate piz-za sauce, junior Amy Tyler and sopho-more Dawn Range add a variety of spices to tomato sauce as part of their home economics assignment. (Photo by Staci Dooley)



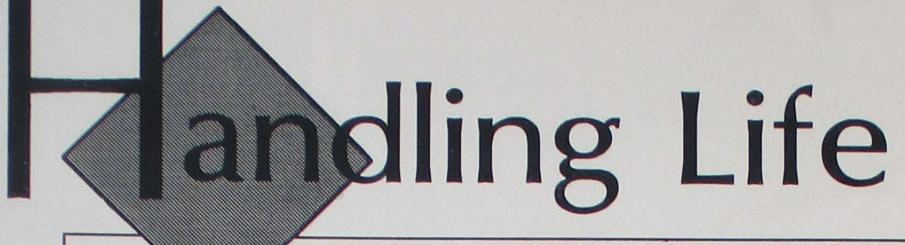




sophomores Janel Crow and Megan Schepers' fifth period Food and N Freeburg cut up fifth period. (Photo by tion class. (Photo by Staci Dooley) Staci Dooley)

Foods class taught the importance of eating a healthy diet. This included a variety of fruits and vegetables which man Clint Jones discovered in Donna Schepers' fifth period Food and Nutri-





udents learned to cope without Mom

-Holly Anderson

ndependence was an everyday word, but it meanings for different people. For some students it meant easily by many. stress and for others it meant party. Home Economics courses helped to take away the stress.

"Adult Living has taught me how to manage my money. That will be really important when I'm out on my own and in college. It sophomore Wendy Nelson said. has helped me to plan for the years ahead," senior Paul McGee said.

Adult Living also emphasized ways to deal with important situations students would have to face.

"Adult Living has taught me

As home economics partners, sophomore Mark Buxton instructs senior Brian Pepper on filling noodles with cottage cheese to create manicotti for their pasta assignment. (Photo by Karen Heggen)

how to deal with my emotions, relationships, crises, and said.

Other students found that said. had different learning to cook could be very beneficial. In Food and Nutrition class, this was a skill picked up

> "After taking Food and Nutrition I started cooking a lot more. Mrs. (Donna) Schepers gave us a lot of simple recipes and showed us how to half recipes so we could serve small amounts without wasting food,"

> Many people who took Home Economics classes realized they weren't always going to have someone there to do everything for them.

> "I suppose I could cook something a little better for myself if I had to," sophomore John Dale said.

Students also discovered ways to make things more affordable through Textiles and Clothing.

"I enjoyed sewing because I

learned to make clothes I couldn't otherwise afford. You death," junior Jennifer Stewart can also design your own clothes," junior Laura Orning

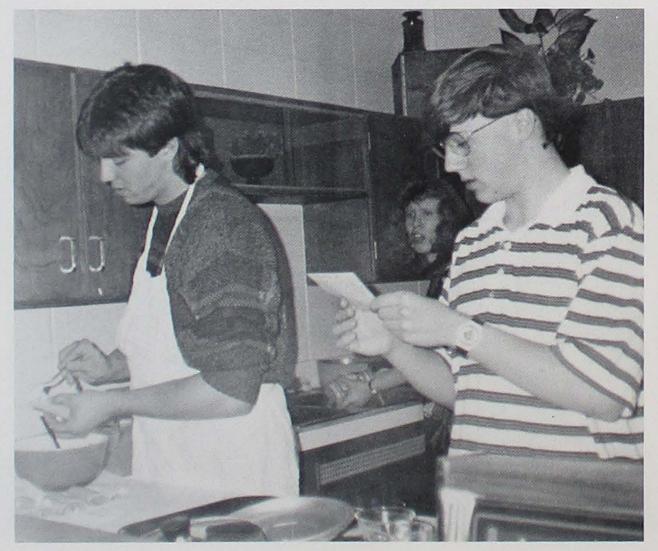
> High school jobs and career fields were made simpler for some because of skills learned in various Home Economics courses.

> "I babysit a lot and what I've learned in Child Development helps me to handle the kids. I also think that in the future it will help me to be a better mother," senior Shannon Madsen said.

> Child Development sparked new interests in students ideas for the future.

> "I get along with kids really well. I think I may go into teaching," sophomore Becci Pennington said.

> The skills learned in Home Economics classes were valuable for independent living. Knowing the basic principles to living independently made students' lives a little simpler.

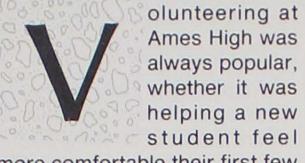




Learning to work together was stressed in nearly every unit of home economics. As kitchen partners, seniors Mark Eckhoff and Ron Chieves work to make mini pizzas. (Photo by Staci Doo-

Jelping Out Students lent a helping hand

-Jennie Pelz



more comfortable their first few days, just being a friendly face in the hallway or visiting nursing homes during the holidays.

"We would each go find a 'special friend' who we would give candy or cookies to, then we would all sing holiday songs like 'Jingle Bells' or 'Rudolph the Red Nose Reindeer', "sophomore Kendall Holder said.

Many students found that sharing time during the holidays made the visits even more special.

their holidays because a lot of elderly people don't have family around," senior Nathan Block said.

of helpers, worked mainly with new students helping them to olunteering at feel more comfortable at school. This was another way students found volunteering enjoyable, although some had different reasons for participating than others.

> "We would have parties at Valentino's. We also had a Halloween party where everyone brought one new person; it was a great way to meet new people and eat pizza," junior Lisa Petersohn said.

> Through various parties and functions, some students found long lasting friendships as a result of being in Ambassadors.

"We were generally assigned to people in our grade or that we shared classes with, and I was assigned to (senior) Jenni Stott. "It felt good to brighten up We had band and English class together so we have really become good friends," senior Becky Moore said.

Some students joined Am-Ambassadors, another group bassadors because they empa-

thized with the awkwardness of being new to a school.

"I like to meet new people and help them feel more comfortable because I remember moving here and not liking it because I didn't know anyone. This is a way I can help out others," junior Wyn Huntington said.

Whatever the motivation for volunteering, most found the satisfaction of aiding others was the biggest reward of all.

"A lot of people are lonely and by volunteering I can be someone for them," senior Brian Krausman said.

Sitting with her "Terrific Turkey," senior Audrey Morken talks and sings with her special friend at Wilson Senior Center before the Thanksgiving dinner that the Volunteers arranged. (Photo by Staci Dooley)

Enjoying refreshments at an Ambassadors meeting, senior Deb Forssman and sophomore Megan Freeburg visit. These meetings provided students with a chance to meet new students. (Photo by Andy Scott)



Singing holiday carols at North Grand Care Center is junior Nicci Sartori. Volunteers traveled to three different nursing homes to sing songs and pass out treats to the elderly. (Photo by Staci Dooley)







Senior Volunteers. Front Row: Steve Kubera, Traci Rogers, Jean Clem, Carrie Soy, Camille Young, Teri Pipitone, Laura Zachary, Heidi Shierholz, Staci Dooley, Michael Brower, Jennie Pelz, Amy Hausman, Kara Maehner. Second Row: Nathan Block, Tammy Schweiger, Jodi Koppes, Krista Allen, Stephanie Graves, Shannon Fultz, Amy Morrison, Heather Jesse, Jessica Miller, Wendy Stevenson, Sarah Gitchell, Jennifer Holden. Third Row: Colin MacGillivray, Tollif DeJong, Chris Nelson, Anne Cheville, Christa Jungst, Eldree Baer, Chris Osslund, Katie Schaefer, Theresa Yaney, Dawn Ricketts, Andy Scott. Back Row: Amy Mangold, Heidi Brayton, Michelle Hoover, Suzanne Harvey, Becky Moore, Gretchen Vogel, Nicole Devens, Michelle Nelson, Kelly Peterson, Angie Brunner, Jennifer Folkmann.



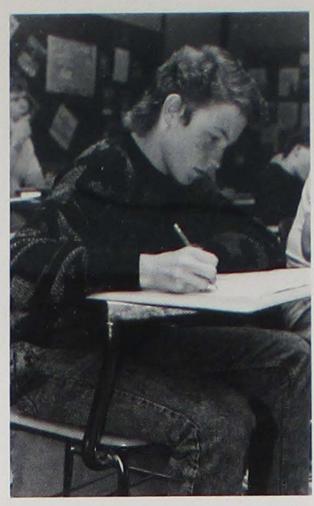
Junior Volunteers. Front Row: Sarah Spear, April Soden, JaTam Godwin, Jenni LaVille, Tia Nemitz, Sarah Uhlenhopp, Missy Thomas, Janel Brakke, Eric Smedal. Second Row: Suzi Hunger, Tami Burnham, Krista Heinzig, Nikki Nilsen, Beth Dinsmore, Andee Moore, Angela Rickert. Third Row: Kris Clatt, Dawn Hunter, Lisa Petersohn, Anya Whigham, Kristina Smith, Staci Kepley, Christy Scott. Back Row: Kara James, Wyn Huntington, Jeff Brown, Joe Nelson, Heather Martin, Brandee Walker, Cindy Hawley, Vicki Tsai.

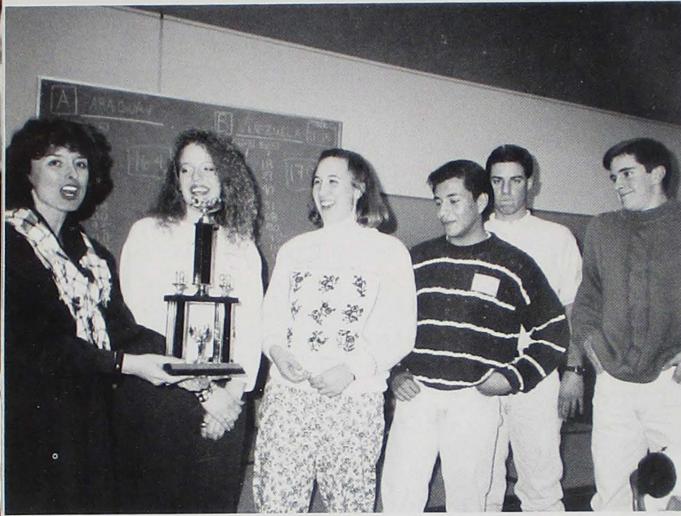


Ambassadors. Front Row: Cari Fote, Beth Rucker, Amy Bartsch, Melanie McCracken, Laura Vermeer, Shika Seecharran, Becky Moore. Second Row: Elizabeth Holder, Lisa Petersohn, Angie Kim, Heather Martin, Andy Scott. Back Row: Sarah Uhlenhopp, Connie Hsu, Wyn Huntington.

Working on his French unit test, freshman Joel Biggs struggles to recall information he has learned. Biggs planned to further his education by taking more years of French. (Photo by Andy Scott)

Fourth year Spanish students, Susan Recker, Jill Wall, Jaime Daza, Robert VanAuken, and Steve Wuhs collect their first place Spanish Competition trophy for the third year in a row. (Photo courtesy of Barbara Peterson)



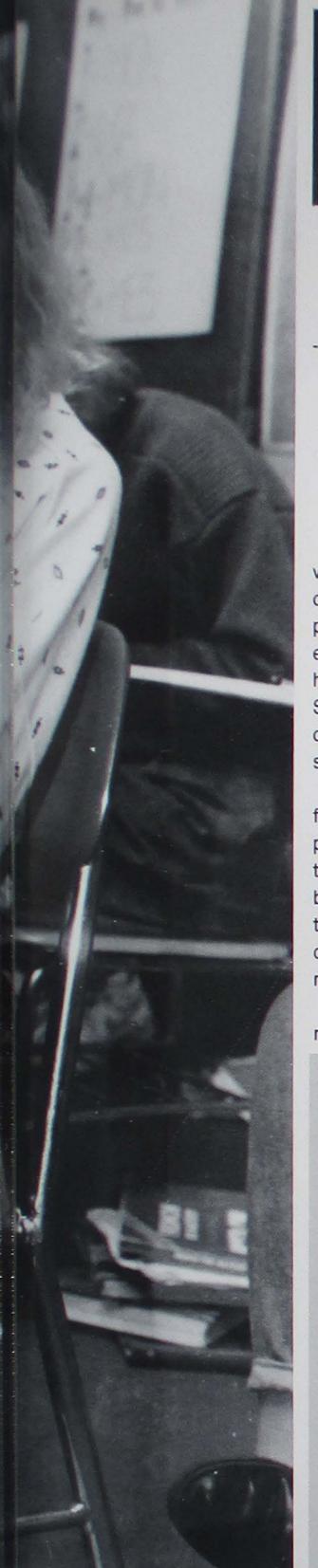




Giving a presentation to first year German students sophomores Alan Murdock and Laura Vermeer and freshman Amy Gardner, student teacher Vanessa Fleshner discusses Berlin. (Photo by Steve Wuhs)

Taking down notes, freshman Anne Drake concentrates on a lecture concerning French culture prepared by her French teacher, Toni Woodman, during her seventh period class. (Photo by Andy Scott)





ola) Amigos

-Jenni LaVille

ey Man, like I gotta cruise to my German class, or I'll be tardy and that

would be the lamest." Many students had problems speaking proper English, let alone a different language. Nevertheless, hundreds of students enrolled in Spanish, French, or German classes for many different reasons.

"I took German because of my family background. Both of my parents were from Germany, so they wanted me to take it. I did, but I learned a lot more than just the language, such as tradition, cultures and heritage," freshman Melissa Mundt said.

Graduation requirements did not include taking a foreign lanlege heavily influenced many said. students' decisions.

eign languages broadened minds

"I think French is a really hard class, but I want it on my record so I can get into a good college," sophomore Jocelyn Ely said.

Some students maintained that foreign languages were an easy "A" or blow-off classes.

"I took German because it's a really easy class, and it helps me maintain my grade point average. Plus, each year a bunch of German students come over and I get to be a host family," senior Heidi Brayton said.

Visiting other countries could be equally as fun. The opportunity to do that was offered through the Foreign Language Department.

"I took French because I thought it would be neat to learn a foreign language, and that it would benefit me when I visit

guage, however plans for col- France," junior Nikki McCubbin

Some students wanted an academic challenge. Spanish competition was one way for students to show their knowledge.

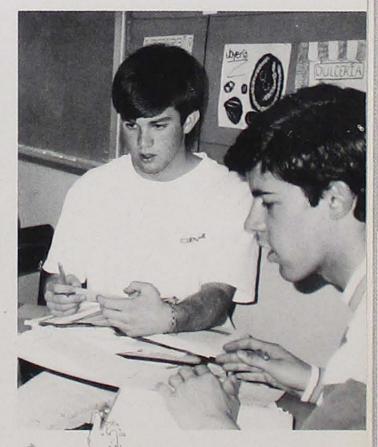
"The competition really helped me to comprehend and converse in Spanish, because during it, nothing but Spanish was spoken. You learn it really well in order to keep yourself from looking like a fool," junior Sarah VanDeusen said.

During the competition, a fluent Spanish speaker would ask questions in Spanish. Teams would have 30 seconds to confer with each other, then they would answer in Spanish.

The foreign language classes offered many benefits for students and skills that lasted.



Spanish Competition Teams. Front Row: Kari Rosenbusch, Susan Recker, Jill Wall, Jennifer Jones, Noreen Chowdhery, Back Row: Nicci Sartori, Jaime Daza, Robert VanAuken, Steve Wuhs, Sarah VanDeusen.



During class, Spanish students form small study groups. Senior Brian Pattinson and junior Scott Sundstrom do homework while discussing possible answers. (Photo courtesy of Barbara Peterson)

ood Decisions Students took on new responsibilities

-Jennifer Holden

s students grow up, parents constantly remind them to take responsibility, learn decision making skills and take part in school activities. Many realized that one way to accomplish that was to get involved in simply to become more aware. student government.

president) was an excellent experience to learn the responsibility of making decisions, and to see the results of our ideas. It takes more time than most people think, but Mrs. (Jane) Olson was a great advisor," senior Gregg Garn said.

Many students got involved in Student Council or Senate because they enjoyed being part of something that affected the student body.

"I get to play an important part

other graduation activity plans; it's really exciting to plan for something that the whole class will take part in," senior Sarah Gitchell said.

While some students liked to make decisions, others got involved in student government Jones said.

"I like to learn about new rules "It (being student body tri- first hand. Plus everything that affects my class I find out also," senior Michelle Nelson said.

> After joining or being elected, some students realized that being a member of student government wasn't always easy. Junior Senate members may have known that better than anyone.

> "Right now we are trying to raise money for Prom; we'll be lucky if we can afford to rent the gymnasium," junior Stacie Kepley said.

Besides fundraising and their

deciding commencement and roles in decision making, members visited other schools to see how their student governments were run.

> "I like visiting other schools, especially the Metro schools. I feel that they have the same goals as we do," junior Jennie

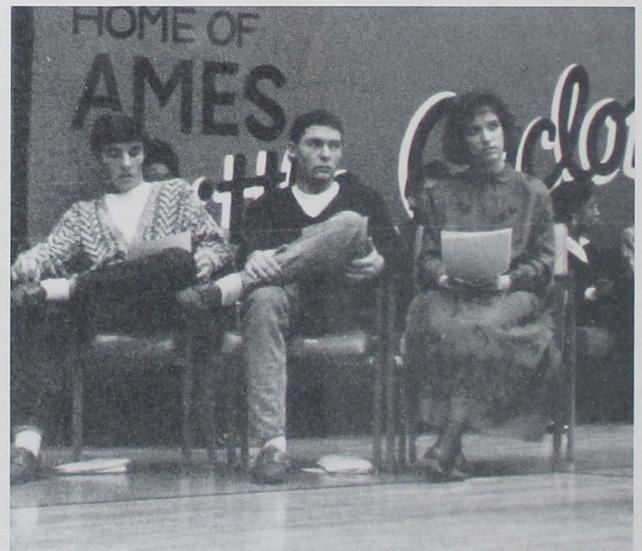
> So whether they took part because of prodding from their parents, or just because they wanted to get involved, most members valued the added responsibility and decision making student government offered.

To help raise money for Welfare Week, senior Nathan Block performs "The Devil Went Down to Georgia" in an airband. All money raised benefitted a liver transplant recipient. (Photo by Andy Scott)

For the Martin Luther King Jr. assembly, Student Council Tri-presidents Paul McGee, Gregg Garn and Becky Jorgensen wait to give short speeches touching on events in King's life. (Photo by Staci Dooley)



Putting the finishing touches on the castle displayed at "Mystical Illusions", the 1990 prom, junior senate members Rachel Stansbury and Vicki Tsai center the top on one of the turrets. (Photo by Karen Heggen)



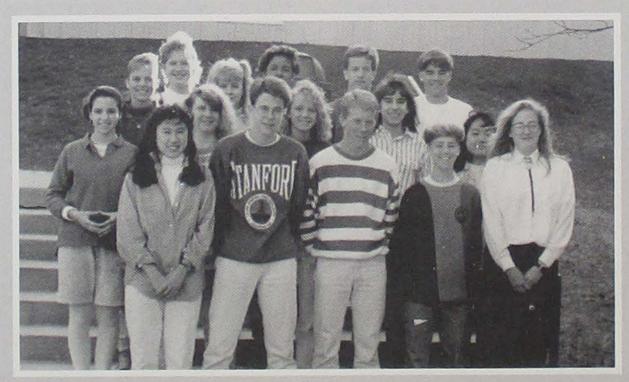




Student Council. Front Row: Tri-Presidents Paul McGee, Gregg Garn, Becky Jorgensen. Second Row: Renee Ripp, Cindy Harris, Tia Nemitz, Sandra DeLuca, LeAnne Powell. Third Row: Jennie Jones, Erin Block, Jami Stiles, Lia Pierson, Amanda Jones. Back Row: Tom Friedrich, Brian Campbell, Danny Wilson, Jason Miller, Bryce Freeman, Neena Paul, Scott Gabrielson.



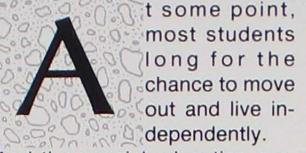
Junior and Senior Senates. Front Row: Vicki Tsai, Connie Hsu, Jolyn Brakke, Nicci Sartori, Angie Kim, Karen Heggen, Tia Nemitz, Janel Brakke, Nikki Nilsen, Noreen Chowdhrey. Second Row: Krista Heinzig, Jennifer Heathcote, Danny Wilson, Christie Hunt, Sarah Uhlenhopp, Julia Ford, Jami Stiles, Chris Clatt, Jennie Jones, Dax Slaughter. Third Row: Cindy Harris, Judy Pang, Becky Moore, Sarah Gitchell, Deb Forssman, Lia Pierson, Angela Rickert, Anne Cheville, Jeff Osweiler, Josh Murphy. Back Row: Dan Waller, Dave Burnett, Tom Friedrich, Dawn Ricketts, Staci Dooley, Krista Posegate, Nathan Block, Jennie Pelz. Not Pictured: Nuper Ghoshal.



Freshman and Sophomore Senates. Front Row: Karen Hsu, Josh Zacharias, Scott Gabrielson, Erin Block, Crystal Houge. Second Row: Sandra DeLuca, Mary Beth Patterson, Chrissy Spike, Neena Paul, Amy Wagner. Back Row: Cari Foote, Lisa Millen, Christie Pfeifle, Jeanne Pugh, Ryan Carver, Bryce Freeman.

Their Own Special Education taught independence

-Tia Nemitz



And the special education curriculum was designed to help students do just that.

To help students prepare for independence, rooms were organized with a lower studentteacher ratio for better individual attention. Also included for many students was an integration program (gradual placement of students into other classes).

"We try to integrate students into classes based on individual needs and abilities," teacher Reggie Greenlaw said.

got done making two bookcases. I like learning new things, learning to assemble things and what tools to use," junior Sherri Massey said.

Along with their integrated classes, students also had specialized classes which included most students Consumer Buying, Language long for the Arts, Vocational Preparation, Recreational Skills, and Community Mobility.

> "I like English and Checking. Checking teaches me how to write checks for when I get a check book," senior Lisa McDorman said.

As they made their way through school, students were all involved in a career education program; many even became employed. As juniors, they were placed into jobs for four week periods in a program called Experience-Based Career Education (EBCE). They had the opportunity to experience a wide variety of careers, which were inclined to help develop and "I am in Industrial Arts. I just choose possible career interests.

> "Some jobs are boring, then there are jobs that are fun. I like working with children and have decided that is what I want to

do," junior Tammy Lindsey said.

EBCE students were not paid. but seniors were through a program called Cooperative Work Experience. Students were employed one-half of the day and spent the rest of the day in class.

School didn't only include work and books though; many students were also involved in Special Olympics. They participated in track and field, swimming or volleyball.

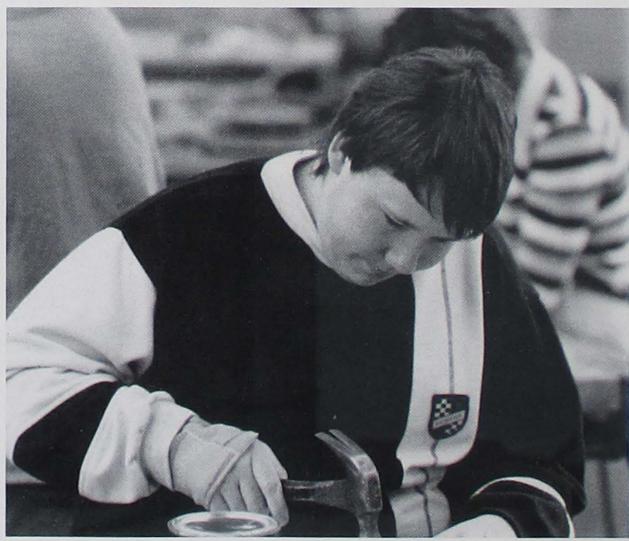
"Practicing is okay; it's a lot of work though. It's pretty neat. I like it because people get to see us and we win blue ribbons," junior Patricia Smith said.

Living independently was potentially difficult for all of us, but the educational process could help make it easier.

During woodshop, sophomore Larry Mitchels assembles adjustable bookends. Many students were integrated into other classes; including Industrial Arts, Home Economics and PE. (Photo by Andy Scott)



In class, junior Tammy Lindsey reads from a book. To provide better individual attention, Special Education classes were designed with a lower student-teacher ratio. (Photo by Andy Scott)

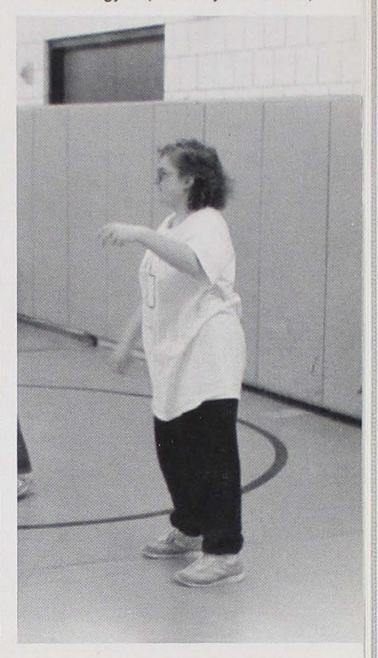


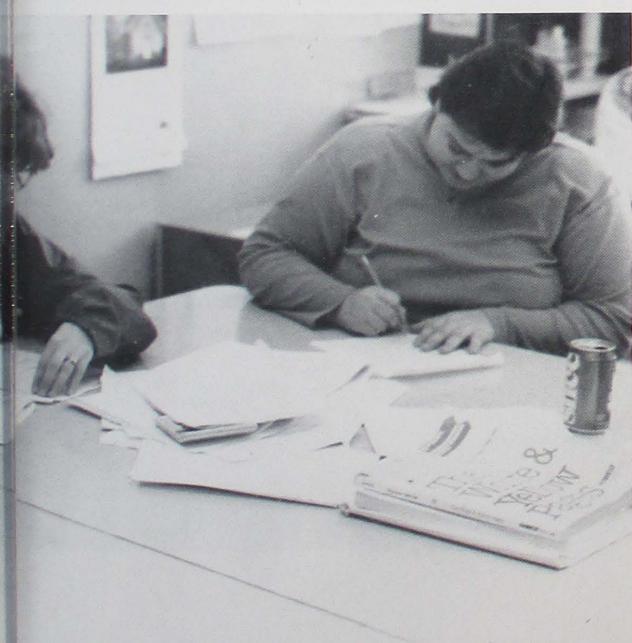




Receiving encouragement from Special Education Assistant Hillary Ziebold, sophomore Christian Wineinger prepares for a race in the Special Olympics. He won the race. (Photo by Andy Scott)

Following Special Education instructor Reggie Greenlaw, senior Lana Fehr does low-impact aerobics in gym class. Aerobics was one of many units covered in gym. (Photo by Kendi Neff)







Studying together, junior Sherri Massey and senior Lisa McDorman finish their Consumer Buying homework. Consumer Buying was one of many specialized classes in the curriculum. (Photo by Andy Scott) Before turning in his homework, sophomore Jamie Niemeyer reviews his science assignment. Niemeyer's science class was taught by Bill Barret third period. (Photo by Andy Scott)

eal Effort Laztually have to break a sweat?

ith a heavy heart you pull open the main doors at AHS and a wave of despair washes over you. What's the problem? You remember you have P. E. first period.

P. E., or physical education as it is technically called, used to be fun in elementary school. We waited in anticipation of the chance to run around a gym screaming at the top of our lungs. But somewhere during puberty and middle school, we lost the desire for fitness, and in high school P. E. became the class many loved to hate.

"There is nothing like a good, smelly sweat in the middle of the day to drench away all the hydrochloric acid left over from chemistry," senior Jill Wall said.

The main problems people had with P. E. were the activities and the lack of time to get

dressed and shower.

"Most kids don't work very hard because you get sweaty and there is never enough time to take a shower before your next class," senior Brian Moreland said.

P. E. activities ranged from organized team sports such as softball, walleyball and flag football, to individual sports like badminton, weight lifting and running.

But for those who didn't like sports, another option was available. Modern Dance classes gave students a chance to get P.E. credit while doing something they enjoyed.

"I hated P.E. because I'm not good at sports, so Modern Dance was a chance to do something I enjoyed and be creative at the same time," junior Nikki McCubbin said.

For sophomores, another dimension was brought to their classes with the addition of a

quarter of swimming.

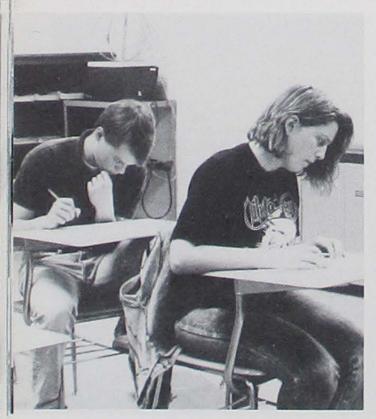
"Swimming was an OK class; it was a lot harder than P.E. though, so I didn't have as much fun," sophomore Mike Amfahr said.

CPR and Health classes were also required for sophomores. There they learned everything from nutrition to proper life saving techniques.

"CPR was really helpful because it's important to know that stuff. But health was a waste of time because they covered things we had already studied," sophomore Jamie Lang said.

So whether it was swimming laps, breathing into Annie or running after a softball, students learned to make the best out of their weekly P.E. classes.

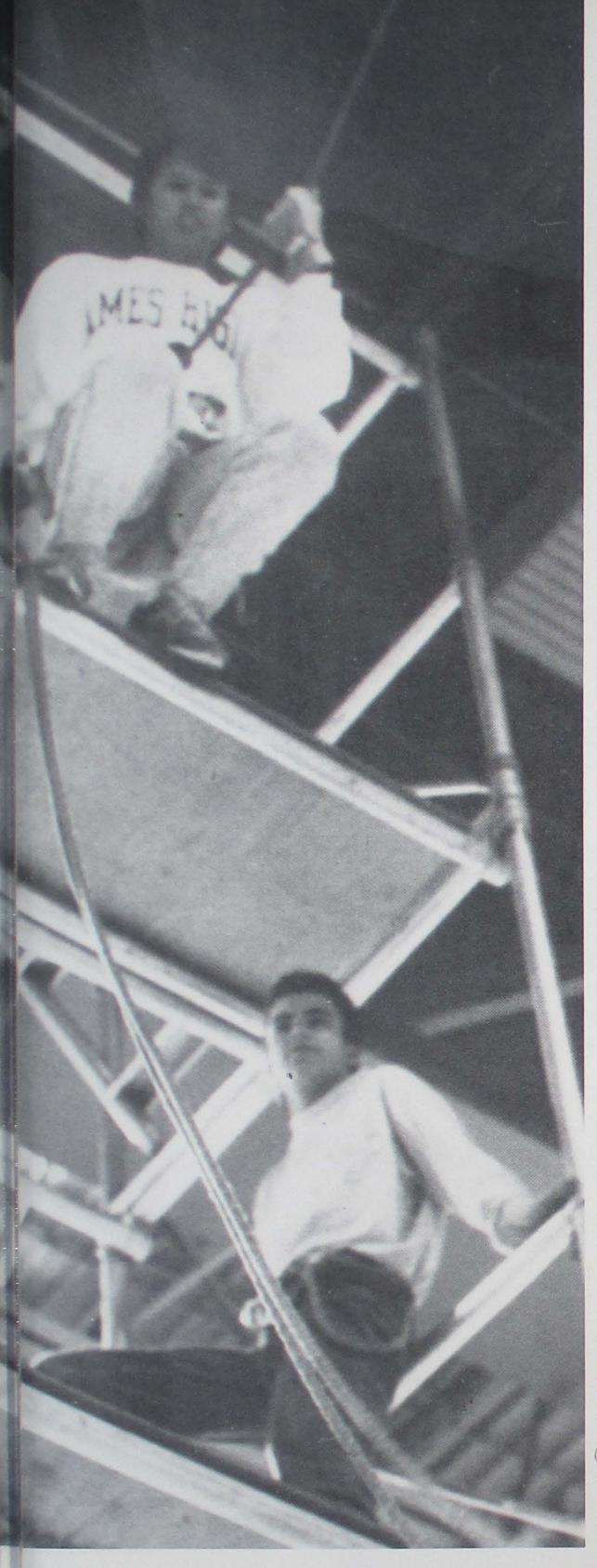
Playing Ultimate Frisbee on the football field, juniors Mike Bergan and Claire Haws and senior Thavone Phimmasone race to gain possession of the frisbee during a third period gym class. (Photo by Paige Hoefle)



Concentrating on a nutrition quiz during Kirk Schmaltz's seventh period health class, sophomores Eric Strong and Laura Young try to recall the four basic food groups. (Photo by Paige Hoefle)









Gasping for air, sophomores Becci Peterson and Megan Slaughter tread water during Mike Wittmer's second period swimming class. Sophomore swimming was required by state law. (Photo by Staci Dooley)

Rehearsing a dance they choreo-graphed themselves for Mary Kautzky's Modern Dance class, seniors Brenda Carlson and Beth Eitter smooth out their transitions between poses. (Photo by Paige Hoefle)





pares to repel off the high tower during his gym period, as junior Quinten Kann awaits his turn. (Photo by Quentin Crow-

Supervised by an Iowa National Starting their running workout in Guardsman, junior Punto Sugiri pre- Keith Bailey's P. E. class, freshmen Anne Moutray, Molly Neal, Amy Ferguson, and Pablo Fuertes get all they can out of their 45 minutes of exercise. (Photo by Paige Hoefle)

Running

Wherever running was mentioned, Ames High athletes always seemed to steal the headlines. The cross country teams started the year off with winning seasons and top rankings at State. Seniors Garth Dolphin, Nathan Block, Chris Andrews and Kirk Thompson, alias the Four Horsemen, were the spirit leaders for the boys' team. They kept attitudes positive as teammate Brian Campbell led the team to the state title. Meanwhile, the powerhouse of the girls' team, freshman Erin Block, finished third at State, which secured second place for the team.

Other fall and winter sports faced several disappointments. The wrestlers had to deal with the loss of senior captains Scott Sams to illness and Kon John because of a broken arm. Sophomore football players also dealt with a heavy loss as they saw their Metro title dreams crushed the second year in a row by WDM Dowling, leaving them tied with WDM Valley for second place.

Spring sports were on an upswing as the girls' golf team earned a second place finish at State. On the courts, a young boys' tennis team sent six juniors, led by Tod Berkey, Bob Black and Vaseem Baig to the state meet, where they captured fourth place. The girls' team also had a fine showing, winning the Metro crown.

Echoing fall running results, track left the Little Cyclones holding the trophies. Breaking the state record in the 400 meter hurdles, senior Gregg Garn led the boys' team to its fifth straight first place finish. Not far behind, the girls' placed third in the state meet.

Overcoming tough opposition from hoops to hurdles, dedicated athletes kept Ames High in the running.



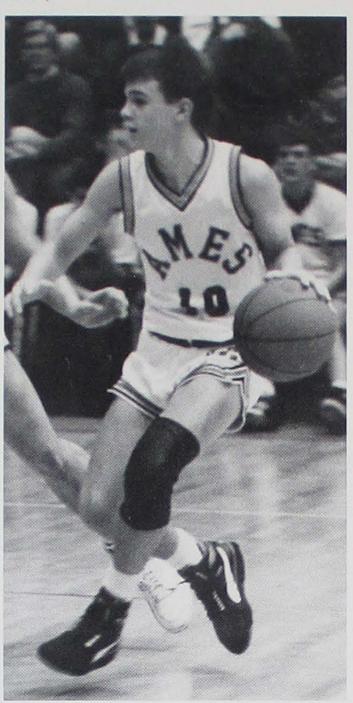
After anchoring a relay at the Ames Invitational, junior Kari Rosenbusch tries to catch her breath. It was the first time the team had won the Ames Invite in four years. (Photo by Staci Dooley)

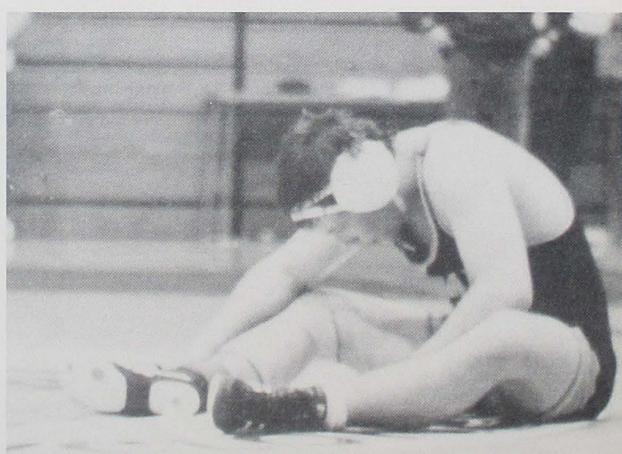




After making a clean exchange with freshman Tendai Muyengwa, freshman Jonathan Good sprints the second leg of their relay. The freshman 4x100 relay took first place at the Drake Relays. (Photo by Andy Scott)

Trying to evade an Ankeny opponent, junior Mike Bergan searches for an open teammate. The 65-59 loss to Ankeny in substate play ended the varsity basketball team's season with a record of 17-5. (Photo by Andy





After two periods of overtime, senior Matt Meinhard faces his first loss. After running the score up to 17-17, the match was decided in favor of Meinhard's Fort Dodge opponent due to back-point criteria. (Photo by Brian Krausman)

High Hopes

Lack of wins dashed dreams but taught lessons

-Steve Wuhs

In every sport, expectations play a large role. Many teams play according to what is expected of them. But by struggling through a 3-6 season, the varsity football team had to learn to play for itself.

"We were coming off a team that had played together since seventh grade. This year we were a relatively new team, and we had a lot of expectations to live up to," senior Kirk Holder said.

The expectations weren't just an outside force. The players had high hopes for themselves.

"I thought we'd be top contenders in the conference. We had a good season last year, and we had experience in a lot of key positions," senior Dan Waller said.

The early part of the season caused many hopes to fall. By the Homecoming game, the team had a 1-4 record, and that night's loss to WDM Dowling damaged its pride

even further.

"Homecoming was our last home game and we had to win it because we hadn't won any of them. We felt like we let down both our school and our coach," junior John Barnett said.

But at the bottom of their slump, the football team's attitude began to change. They started playing for themselves, not for anyone else. A turning point was the DM Roosevelt game October 20.

"We knew we weren't the major losers that everyone thought we were. That game gave us a chance to prove it," senior Paul Gibbons said.

That night, the team won its second game of the season, which built up momentum that carried over to the following week's match at Marshalltown, where they were again victorious, 17-14.

The season left the players with a handful of lessons. One was learning to cope with AHS' strong reputation in football.

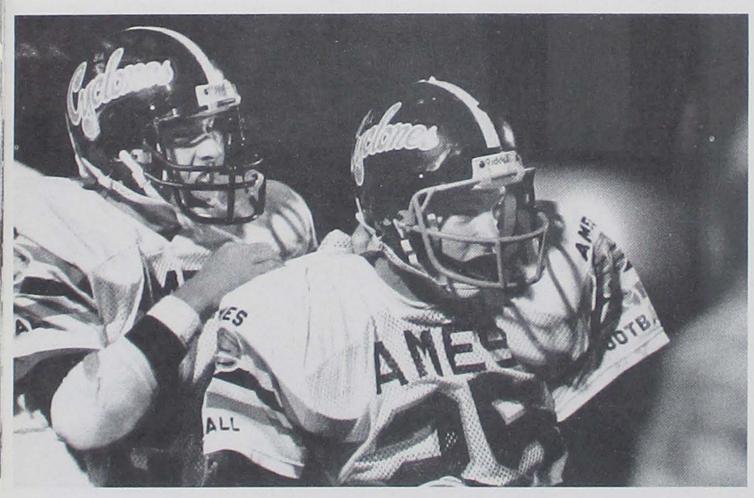
"Everyone thinks that Ames is always going to be great in football. I felt we had to live up to those expectations, and that made losing harder. We just had to learn to play for ourselves," senior Craig Barnum said.

But probably the most important lesson the players learned was as relevant off the field as it was on.

"You have to work hard for your goals. You can't just sit back and wait for success to come to you," senior Colin MacGillivray said.

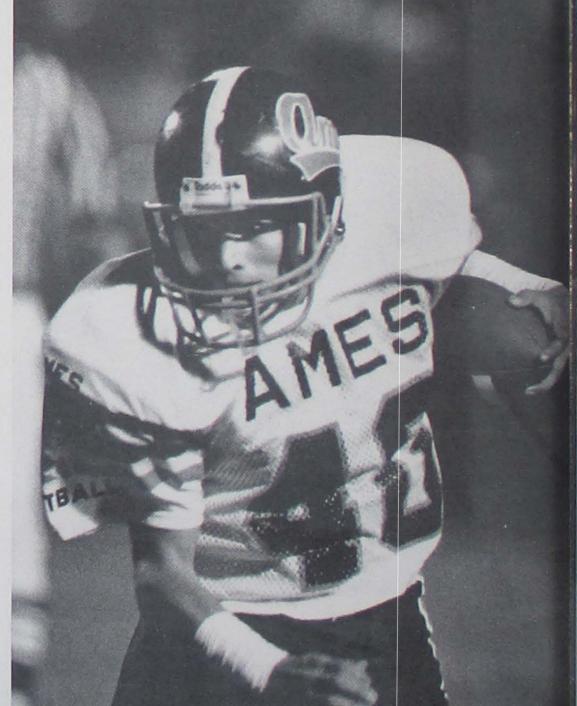
Even though the season had few victories, it didn't leave the players empty-handed. It taught them that they didn't need victory to be successful.

After rushing from the locker room, the varsity football team huddles together to create enthusiasm in both themselves and in the crowd. Juniors Fred Hoiberg and John Seim pile on their teammates. (Photo courtesy of The Daily Tribune)

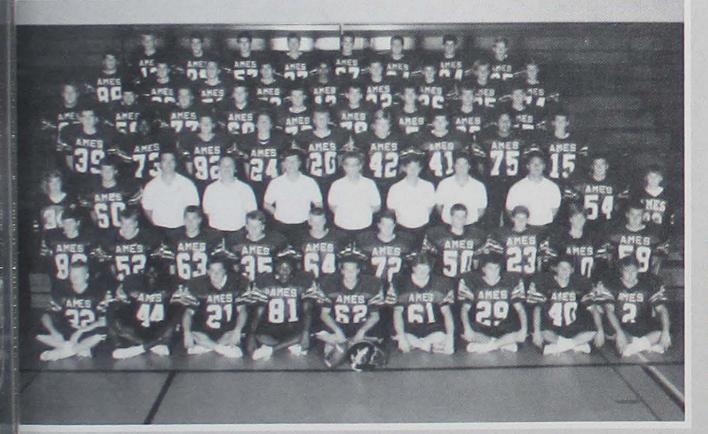


Pumped up after a successful play during the WDM Valley game are junior Jason Hansen and senior Craig Barnum. The team's spirit helped to carry it through a losing season. (Photo courtesy of The Daily Tribune)

Dodging left to avoid possible tacklers is senior Kirk Holder. Holder contributed to the team's 28-0 victory over DM North at Williams Field in Des Moines, one of the three wins of the season. (Photo courtesy of The Daily Tribune)







Varsity Football. Front Row: D. Waller, D. Lawson, J. Hansen, F. Muyengwa, M. Meinhard, M. Hill, T. Randles, K. Holder, D. Alexander. Second Row: S. Ottoson, B. Linder, S. El-Hout, P. Gibbons, J. Johnson, B. Goodwin, J. Titus, D. Wilson, Q. Crowner, B. Fowles. Third Row: Trainer C. Berg, B. Pattinson, Assistant Coach M. Flummerfelt, Assistant Coach D. Louk, Assistant Coach C. Pelzer, Coach K. Daddow, Assistant Coach T. Mustain, Assistant Coach R. Ballantine, Assistant Coach T. Holmes, N. Grebasch, Trainer K. Daddow. Fourth Row: K. Kavanagh, R. Chieves, G. Garn, C. Barnum, J. Bennett, G. Thomas, T. Womack, C. Watson, T. Legg. Fifth Row: C. Wilson, S. Angus, J. Berg, M. Converse, M. Elbert, T. Dakin, T. Jaspering, M. Moore, J. Seim. Sixth Row: B. Krausman, C. Ollila, C. Forsling, S. Kenealy, M. Lippman, J. Barnett, J. Pease, J. Hansen, E. Smedal. Back Row: F. Hoiberg, J. Horras, D. Preston, B. Geise, C. MacGillivray, A. Ostendorf, J. Livinston, M. Eckhoff.

Varsity Football

3 Wins, 6 Losses

Opponent	AHS/Opp
Fort Dodge	14-27
DM Lincoln	20-28
DM North	28- 0
DM Hoover	4-7
DM East	26-39
WDM Valley	7-31
WDM Dowling	14-29
DM Roosevelt	28-14
Marshalltown	17-14

The In Side

-Gregg Garn

How do you judge success? The most often used measuring stick is the winloss record. If that's the only device you use, our season wasn't very successful. I, along with the other 58 players and the six coaches believe there is a lot more to be measured than just wins and losses.

When Ames High football began, the goal wasn't to have X amount of wins versus X amount of losses. High school football was started to develop character, discipline and cooperation outside the classroom in its players, and that's what it has done.

This year's team's character was tested by a 1-6 record. We knew that the entire school felt we were losers, but we didn't just give up or quit. We played as hard as we could, and I'm sure that's why we came back and won our last two games.

As for discipline, I don't remember seeing too many people, besides football players, busting their butts in the hot August sun to prepare for the upcoming season. There was even a bunch of players who came the week before two-adays started without any coaches and worked out on their own.

·Finally, cooperation - the idea that you must depend on others to perform your best. There's not another sport I participate in where you feel the same unity and friendship as I did in football. If this team had anything, it was a closeness that kept us together when things got tough.

Looking back, I'd say we found success in every meaning of the word, except our record. We learned to deal with adversity and to build character. We became 59 of the most disciplined people in this school. And we learned that we had to work together to accomplish our goals.

Even if our record didn't show it, I know how great our success was.

eam Unity

Freshmen and sophomores' teamwork led to victory

-Jennifer Holden

As the little hand rests on the three, the large hand slowly moves toward the 12. The seconds until school is out are noted by students awaiting the bell.

When school was finally over, many students flooded the bus stops or received rides from older friends. But others fled to the locker room to change and meet their colleagues on the football field.

To some, practice was a place to learn fundamentals, new plays, and condition for games, but all players didn't feel that way.

"Practice was a joke; basically all we did was scrimmage. It helped with new plays, but it didn't do a thing for conditioning," sophomore Scott Belzer said.

Some team members felt that it was in their best interest to condition themselves on their own.

"I started lifting when I realized and we pumped each other up that I wasn't getting conditioned freshman Adam McLaughlin said.

enough through practice," sophomore Andy Hagen said.

Even though some said their practices lacked conditioning, the sophomore team had a victorious 6-3 season. But wins weren't easy. The season included a lot of tough opponents, like WDM Dowling.

"Even though we lost, it was apparent that we had tried; Dowling was a lot bigger, stronger and quicker," sophomore Del Keigley said.

Some players thought that team effort aided the winning season.

"When we weren't playing very well, no one was singled out; it was the team's fault, and the team had to work together to fix it. This really helped to make the team work together," sophomore Chad Steenhoek said.

tt Belzer said. With a 4-5 season, the fresh-Some team members felt that it men also said they worked together.

"We were mostly self-motivated; the coaches gave us direction, and we pumped each other up," freshman Adam McLaughlin said.

Members of the freshman team felt that their season was one that worked on fundamentals.

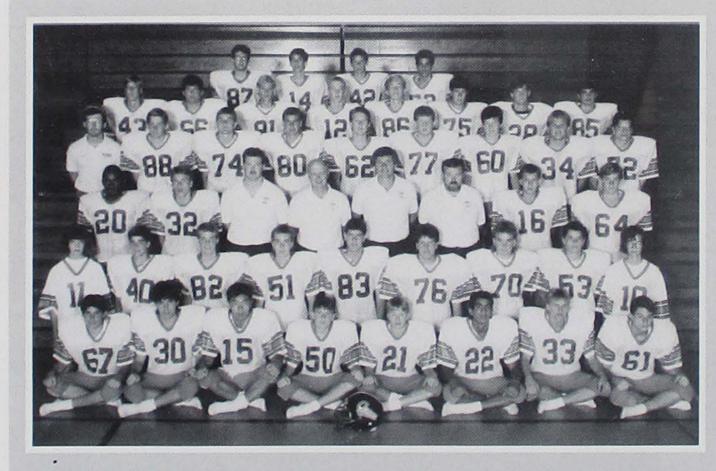
"Our season went fairly well; we learned the basic fundamentals that helped us to prepare for the games both mentally and physically," freshman Brian McPeak said.

Helping the freshmen prepare for their games was a new coach, Bruce Vertenan, who replaced 25year veteran Ron Bredeson.

"Coach Vertenan did a good job with us. He gave us a lot of guidance and taught us a lot about football," freshman Tendai Muyengwa said.

With leadership, team spirit and friendship, the freshman and sophomore football teams realized that the key to success was measured by teamwork.

Going into the game with a 4-0 record, freshman Tendai Muyengwa blocks a DM East Scarlet. The Little Cyclones beat the Scarlets 36-13, upholding their winning record. (Photo by Staci Dooley)



Sophomore Football. Front Row: Jamie Weiss, Nathan Uemura, Jae Bernard, Mike Kubera, Brian Wierson, Scott Belzer, Andy Hagen, Tommy Johnson. Second Row: Mgr. Alison Sams, Bryce Freeman, Eric Strong, Tim Arp, Brian Parks, Jamie Lingelbach, Matt Haubrich, Nathan Pelzer, Mgr. Christie McGinnis. Third Row: Curt Hawkins, Del Keigley, Coach Dan Armstrong, Coach Jim Duea, Coach Dale Tramp, Coach Ed Schweiger, Chris Winkler, Phil Greenfield. Fourth Row: Trainer James Feehan, Jay Greenfield, Todd Guge, Mark Milleman, Jeremy Moore, Ryan Windsor, Darrin Fischer, Chad Steenhoek, Peter Bernard. Fifth Row: Jeff Jansen, Eric Nesset, Matt Anderson, Seth Anderson, Eric Warme, Solomon Abel, Gus Carlson, Mark Robinson. Back row: Brian Coffey, Peter Loutzenhiser, Alex Garn, Basem Gabal.

Sophomore Football

6 Wins, 3 Losses

Opponent	AHS/Opp
Fort Dodge	19-18
DM Lincoln	21-14
DM North	48-20
DM Hoover	24-14
DM East	36-13
WDM Valley	6-22
WDM Dowling	8-30
DM Roosevelt	36-12
Marshalltown	8-35





Maintaining control of an interception, freshman Dave Pollard gets tackled. Pollard didn't allow the touchdown, helping the Cyclones defeat the WDM Valley Tigers 46-22. (Photo by Staci Dooley)

Coach Dale Tramp helps the sophomore team plan their strategy against Fort Dodge. The strategy proved successful, and Ames won the game, 19-18. (Photo by Quentin Crowner)



Freshman Football

4 Wins, 5 Losses

ponent	AHS/Opp
ort Dodge	12-20
VI Lincoln	28-46
4 North	6- 0
M Hoover	40- 6
M East	56-44
DM Valley	22-46
DM Dowling	26-44
A Roosevelt	56-28
arshalltown	20-22



Freshman Football. Front Row: Josh Speck, Aaron Burrier, Kelly Delagardelle, Derek Kepley, Travis Webb, Yung Do, John Tannehill, Randy Swett. Second Row: Matt Rayhons, Cory Groepper, Todd Flemmer, Scott Gabrielson, Brian McPeak, Ben Ford, Danny Ricketts, Adam McLaughlin, Jeff Weiss. Third Row: Dave Pollard, Darren Boehlje, Jason Miller, Coach John Bachman, Coach Mark Stokka, Coach Bruce Vertenan, Coach Mike Riddle, Chad Overmire, Chad Sailsbury, Mike Greene. Back Row: Trainer Matt Harrison, Jason Tice, Jud Horras, Tendai Muyengwa, Kevin Lawler, Nick Benson, Brian Linder, Greg Anderson, Bryan Rademacher, Josh Bryant.

The In Side

-Anne Cheville

Cross country isn't a glorious sport. It takes a bunch of girls willing to push themselves to their individual limits to have a successful team. All of us endured those repetitious circles around the football players and the hour-long road runs.

And to get through it, everyone supported each other. Whether I ran a good or bad race, someone was always there to cheer me on. It was sharing our improvements, our nervousness and our disappointments that made us so close.

Coach Schmaltz was willing to do anything for his "girls." He only asked us for our "best effort." A "positive mental attitude" was the key, he said, to a good race, because cross country is 10 percent physical and 90 percent mental.

During a race we ran for ourselves, our coach and our teammates. This effort resulted in a number one State rating all season.

But after discovering I had a stress fracture, I was unable to run the last half of the season. It was hard to watch my teammates run without me, because after spending so much time with them, I really got to know them

We also did things outside cross country which made us closer.

Every Thursday night, we had "Spaghetti Club" at a teammate's house or a restaurant. This not only allowed us to load up on carbohydrates for the race, but gave us time to spend together.

We also got together with the boys' cross country team. We all went to the YMCA camp and ate popcorn and watched scary movies.

Even though I felt a piece of me was missing when I couldn't run, these times made up for the loss.

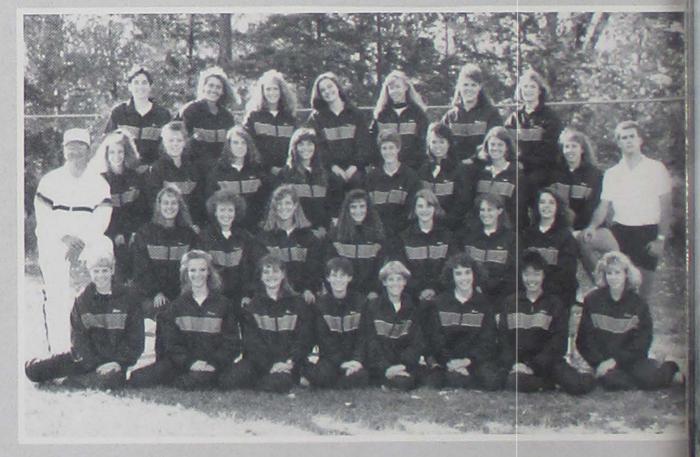
I will never forget my cross country experience. It has prepared me for life's disappointments and successes.



Girls' Cross Country

8 first places, 1 second place

Opponent	Place
Ames Invitational	1st
Cedar Rapids Invitational	1st
Tom Karpan Invitational	1st
Indianola Invitational	1st
Marshalltown Dual Meet	1st
Metro Meet	1st
JV Invitational	1st
District Meet	1st
State Meet	2nd



Girls' Cross Country. Front Row: Janel Brakke, Stacy Salvo, Kristi Heiberger, Kelly Koppes, Erin Block-Sarah Smith, Jenny Bernard, Jolyn Brakke. Second Row: Tami Carmean, Anne Cheville, Traci Rogers Anne Moutray, Alison Campbell, Steph Alt, Heather Callison. Third Row: Coach Kirk Schmaltz, Manage Dawn Newhouse, Shannon Fultz, Kim Beichler, Tami Burnham, Jennifer Stott, Ruth Carpenter, Jennife Remsburg, Manager Chris Clatt, Trainer Aaron Nelson. Back Row: Kelley Halliburton, Shay Grundmann Kari Marty, Wendy Stevenson, Shannon Dau, Susan Cook, Jami Stiles.

n Front

Girls raced through a successful season

Becky Jorgensen

No passing zone — a message to all opponents of the girls' cross country team.

Determined to stay ahead, the varsity drove to a 7-1 record with an impressive second place at State.

"Our success had a lot to do with the fact that no one really gave up. Everyone wanted to do well," junior Steph Alt said.

Besides their inner motivation, Anne Moutray said. the team's talent and competitiveness helped them capture the Metro title and an easy win at the district meet.

"Having somebody like (freshman) Erin Block, who was one of the top runners in the state, and having our top three runners running pretty

Leading the team to a second place finish at the state meet, freshman Erin Block prepares to pass Nicole Roberson of Bettendorf. Block inched by Roberson at the finish line to capture third place. (Photo by Steve Wuhs)

close helped us this season. There was even competition to get on varsity," senior Kelley Halliburton said.

Because the team had depth, competition existed for the sixth and seventh slots on the varsity team. But most of the runners said it was the family-like atmosphere that made running worthwhile.

"At first I was negative about running. Then once I started, the team made it fun to run," freshman

The team members also helped each other work up to their potential.

"The team motivated me. On the days I didn't want to run there was always someone pushing me," junior Jenny Bernard said.

And when push came to shove, the girls' cross country team ended up on top. In two meets, the junior varsity team even captured the first five places, earning two perfect scores.

"This was the most successful season the Ames High girls' cross

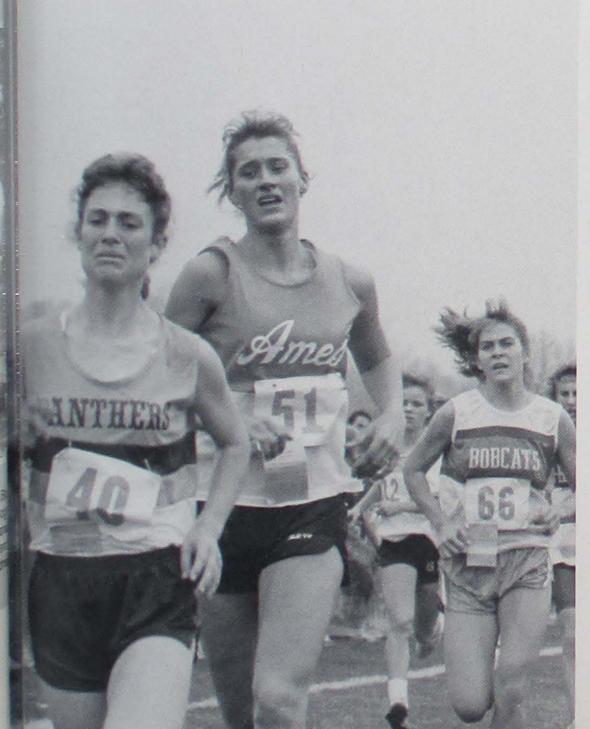
country team has ever had in two ways. The first way is the fact that we were undefeated and rated number one all season. The other reason is that I had 32 girls complete the season," Coach Kirk Schmaltz said. The average squad consists of 12-15 girls.

And though the team was disappointed to place second at State. their finish tied the best score the girls' cross country team ever had at the state meet.

"The let-down at State is just another thing we have to deal with, and it's something we can learn from," Bernard said.

Being in cross country also taught the girls what it takes to succeed not only in running, but also in life.

"I've learned that through a lot of determination and hard work you can reach the goals you set for yourself," sophomore Alison Campbell said.





While she races down the home stretch, junior Shay Grundmann looks with anguish to her next challenge — a Knoxville Panther runner. Grundmann ended up finishing 34th at the state meet on October 28. (Photo by Steve Wuhs)

Exhausted after running a grueling two miles at Veenker Golf Course, junior Janel Brakke receives both mental and physical support from her sister, Kathy. Brakke placed 18th in her third year at the state meet. (Photo by Steve Wuhs)

eam Work

Boys took care of business throughout the season

-Tami Takle

Hard work, dedication, and the fight to live up to a number one ranking all paid off at the state meet on October 28. The Ames High boys' cross country team finished off a successful season with a first place finish.

"Over the summer, we regrouped and set goals - one of them was to win State, and we did that," sophomore Guy Willey said.

The Little Cyclones were ranked first in the state at the start of the season, but a fourth place finish at the Ankeny Invitational due to unconventional scoring dropped the team to third.

"The loss at Ankeny was really tough, but it was a real turning point, and it made us want to win more than ever," sophomore Jason Burris said.

The team's high ranking made competition even tougher for the Little Cyclones.

"It was really tough to keep winning - everybody wanted to beat us," junior Steve Litchfield said.

The returning runners, especially the seniors, served as motivation for the other runners.

"We had a lot of experience coming back from last year's juniors, and we built on that," sophomore Aaron Lehmkuhl said.

Freshman Jason Ruebel said the senior leadership especially helped the freshmen.

"They threatened to initiate us, and that made us try even harder," Ruebel said.

Paving the way for underclassmen, the seniors inspired a team spirit that led the team through the season.

"The biggest help was the Four Horsemen (Nathan Block, Kirk Thompson, Chris Andrews and Garth Dolphin) - four seniors who ran JV and provided a lot of support," senior Brian Campbell said.

Among other things, the Four

Horsemen came up with the team's theme song, "Taking Care of Business" by B. T. O.

"On the way to the victory party after State, I turned on the radio and they were playing our theme song. When it was finished, the announcer said the song was dedicated to the Ames boys' cross country team and he congratulated us on our victory. It was a great feeling," senior Chris Nelson said.

The win at State topped off a very successful season, but according to Willey, success came as a result of the team's togetherness and their willingness to work together.

"Everyone did their best as individuals, but it was mostly a team effort," Willey said.

Struggling to get past runners from City High in Iowa City and Dubuque Hempstead, junior John Ramsey completes the first mile at the state meet. Ramsey placed 53rd and was Ames' fifth runner in that race. (Photo by Andy Scott)



Savoring the sweet taste of victory at the state meet on October 28, Coach John Sletten and the boys' cross country team proudly present their trophy. Ames came in first out of the 16 teams that qualified. (Photo by Andy Scott)

Pushing himself to the limit, sophomore Guy Willey competes in the Metro meet. Willey was Ames' sixth runner, and his score was the tiebreaker Ames needed to squeeze past WDM Valley and come out on top. (Photo by Steve Wuhs)







oys' Cross Country. Front Row: Guy Willey, Dan Bergan, Steve Beaudry, Chris Nelson, Chris Andrews, Kirk Thompson, athan Block, Garth Dolphin, Brian Campbell, Martin Fashbaugh. Second Row: Matt Willard, Steve Howe, Chad Kinart, Cobb, Ben Koch, Ryan Carey, Sean Bakken, John Ramsey, Damon Hawn. Third Row: Barrin Sanache, Aaron Shmkuhl, Jason Burris, Jason Swift, Colin Brennan, Jason Ruebel, Chris Dieter, Eric Bibler, Mike Johnson, Matt Abbott. sck Row: Mgr. Alicia Gilley, Mgr. Alison Doyle, Mark Gyllstrom, Brian Greving, Eric Martin, Matt Stevermer, Cory Toomin, George Applequist, Steve Litchfield, Mgr. Nicci Sartori, Coach John Sletten.

Boys' Cross Country

8 first places

Opponent	Place
Little Cyclone Invitational	1st
Cedar Rapids Invitational	1st
Tom Karpan Invitational	1st
Indianola Invitational	1st
Ankeny Invitational	4th
Marshalltown Dual	1st
Metro Conference	1st
District 3A	1st
State 3A Championship	1st

The In Side

-Steve Beaudry

The Four Horsemen. War! Pestilence! Death! Famine! The inspiration of our team. They drove us all year. Kirk (Thompson), Chris (Andrews), Garth (Dolphin) and Nate (Block) were always willing to take a varsity spot, pick on an underclassman or drag someone through the mud.

When we finished our season, we had nine seniors; seven of us had been out all four years. The seven fools were myself, Brian Campbell, Dan Bergan and the Four Horsemen. The "Zombie" came out as a sophomore for the social aspect. Why else would a sprinter run nine-mile workouts and three-mile races? Then came the "Mad Dog" who was definitely insane. Every day at practice he would give it his all and lead everyone. He was an inspiration to us all, even though we all thought he was crazy for being so dedicated. But the dedication he, and the rest of the team, showed paid off.

Our determination got us through the season without a loss in a real meet, although we barely squeaked by with the Metro title. We went on to claim the state championship by a pretty good margin even though a few of us didn't do very well at State.

Like most cross country teams, we became a close family. We went through a lot together, from Sunday morning breakfasts to Saturday morning hot tubbing, from locks to handcuffs, from initiating to being initiated. My friends from cross country are some of the closest friends I've ever had - they're like brothers to me. And like all families we had our little quarrels and fights, but most were in fun and ended quickly.

Four years ago we set a goal to win State our senior year. We made it, which just goes to show what a little determination can do. And to all you underclassmen on the team — keep the momentum going.

The In Side

Ames In cheers f of a pos ture firs Tribune

-Eldree Baer

Family. The dictionary defines it as "A group of individuals living under one head." Looking at the word in that way, the girls' swim team was also a family. We lived under one roof (the dome of the pool), and we also had our "one head" — Coach Dave.

Our coach was a rather laid-back person. He didn't demand to be called Mr. Joensen or Coach Joensen, all he said was, "Just call me Dave, everyone does." That made us feel that we were all on the same level and that we could be ourselves.

Certain members of the team had nicknames. Moose, Fish, Hulk, and Jocko (or Punkin') sound pretty strange, but hey, we were pretty strange people.

"Moose! Moose! Moose! Moose!" was a common chant heard at swim meets for freshman Ann Moore. Looking at Ann, one wouldn't think of a moose. So why the name? Ann seemed to look and act like a boys' swimmer who graduated last year, whose nickname was Moose. It just seemed to fit.

Fish was a pretty logical name for Jenny Fisher. We all thought that Fisher for a last name for a family with three swimmers was pretty strange.

Hulk was given to the most muscular member of the team, which happened to be me. I don't think that any explanation is needed here.

The most controversial name was for sophomore Beth Recker. The feud between Punkin' and Jocko will probably last forever.

Our team was really fun to be part of. Between Happy Meals at the Webster City McDonalds, playing "Memory" at Jeff Brown's house or tastefully decorating our assistant coach Dan's room, we had a great time. With our friends on the swim team, the practices went fast. Dave's dances on the side of the pool helped too. All in all, swimming is the best experience a person could have.

During the first meet of the season, the Ames Invitational, freshman Dana Patterson cheers for her teammates, and at the thought of a possible victory. Ames went on to capture first place. (Photo courtesy of The Daily Tribune)

Preparing for a relay, freshman Ann Moore and junior Bea Decker adjust their goggles. The AHS girls went on to destroy DM East, by finishing the meet with a score double that of East, 110-55. (Photo by Paige Hoefle)





The 500 yard freestyle was available for those brave enough to swim nearly a quarter of a mile. Sophomore Beth Recker sits by the side of the Ames High pool and prepares flip cards to count the race's 20 laps. (Photo by Paige Hoefle)



idal Waves

Abundant freshmen made more than just a splash

-Beth Fatland

Engulfed by the strong smell of chlorine, the returning swimmers scrutinized the apprehensive freshmen trudging into the locker room. Practice had begun.

But the returning swimmers didn't have a clear opinion about the young group's capability.

"I think that we surprised a lot of people. I don't think they expected us to do as well as we did," freshman Ann Moore said.

Expectations were not only pondered by the team's veterans, but by new members as well.

"Even though a lot was expected, the pressure was handled well," freshman Jenny Fisher said.

People often think a young team is detrimental to the squad's success; they lack the style and strength of the more experienced swimmers, or they can't fill in for last year's seniors. But that was soon refuted.

"The freshmen did well. We lost some important seniors, but the freshmen did a good job of filling in," junior Heather Martin said.

"Our team needed a boost after last year, and the freshmen were just the people to give it to us," senior Eldree Baer said.

They did boost the team. Three of the five people who went to State were freshmen. Fisher, Moore and Eva Andrews competed at the state meet along with Baer and sophomore Beth Recker.

Prior to State, though, the other swimmers wondered how the freshmen would fair under the stress of competition.

"The majority of freshmen already had some experience through participation in the Ames Cyclone Aquatics Club, so they handled it well," sophomore Kari Nass said.

With the freshmen being the larger but younger group, parents, coaches and the swimmers themselves questioned whether every-

one would put aside their differences and get along.

"We've heard a lot of horror stories about what they would do to torture us," Fisher said. "It wasn't anything like that. After meets, we all went over to someone's house and had pizza or pasta. We got to know each other pretty well."

"Everybody was good friends. I didn't think there was any jealousy. Everybody was happy with one another," Moore said.

Despite uncertainty about the freshmen early in the season, the majority of the team thought things went smoothly.

"Overall, the season went without any problems, even with the large group of freshmen," junior Julie Wengert said.

Although the freshmen dominated the group in numbers, of all the problems that could have arisen, few did. The once apprehensive young swimmers ended the season with a good feeling.



Girls' Swimming and Diving. Front Row: Dana Patterson, Anna VanDeusen. Second Row: Jake Stanton, Eldree Baer, Beth Recker, Ann Moore, Jenny Fisher. Third Row: Mgr. Theresa Franco, Heather Martin, Kari Nass, Chris Recker, Angie Wittmer, Kari Rosenbusch. Fourth Row: Mgr. Erik Potter, Nan Brcka, Angie Moore, Ruth Wilson, Molly Holz, Anjeanette Levings. Back Row: Asst. Coach Dah Johnson, Coach Dave Joensen, Mgr. Joe Nelson, Beth Dinsmore, Julie Wengert, Andrea Cartwright, Kori Heuss, Jill West, Stacey Clouser, Karin Tollefson, Stacy Morford, Eva Andrew. Not Pictured: Hester Dean, Amy Leeman, Marie Stover, Cara Wagner, Diana VanderSchaaf.

Girls' Swimming and Diving

5 wins, 5 losses

Opponent	AHS/Opp
Ames Invitational	1st
WDM Valley	77- 95
Boone	117- 52
DM Lincoln	118- 50
Fort Dodge	80- 92
WDM Dowling	58-114
DM Roosevelt	99- 73
DM Hoover	103- 68
DM East	110- 55
DM North	122- 41
Districts	3rd
State	20th

riving Force

Boys' golf team swung through a successful season

-Sarah Ford

Shouts of "Fore!" and "Nice shot dude!" echoed across the course at the Ames Golf and Country Club. It was 3:00 on a Monday afternoon and the Ames High boys' golf team was warming up for the week of golf that lay ahead.

The team consisted of 12 members, four of whom were seniors with a lot of playing experience.

"The upperclassmen really contributed a lot. They gave us younger players a lot of support and helped build up our confidence for the meets," freshman Brad Wuhs said.

Confidence and experience paid off for the team as they consistently placed in the top three spots during meets and tournaments. They lost only to WDM Dowling and WDM Valley, two of the toughest teams in the Metro Conference.

"Dowling was definitely the team to beat in the Metro this year. We had to learn to take one meet at a time and just do the best we could," Coach Kay Bartlett said.

But beating Dowling was only one of the goals the team set.

"I think that our initial progress was great. Our meets were consistent, and our potential as a team looked good. But we were willing to give up all our victories to achieve our goal of winning the state meet," senior Paul McGee said.

As State drew nearer, practice intensity grew and there was more and more competition to see who would claim the varsity spots.

"As the season progressed, all the lucky golf balls began appearing and there was competition everywhere. One of the ways we released stress was to play a round of golf. The person with the highest score received the honor of the front seat on the way to meets," senior Chris Kennedy said.

October 10, the team came one step closer to achieving their state goal by placing third at Districts behind WDM Valley and Dowling.

"We played pretty well at Districts. I think we were all confident going into the meet that we would be able to play well," sophomore Rob Swanson said.

Their confidence was high until the state meet, November 14 in Iowa City. With the first day of golf behind them, Ames was second. But as the final scores were posted on the second day, the team dropped to a sixth place finish.

"Even though it wasn't how I wanted to finish up my last meet, I was still happy with how we played and how the team progressed over the season," senior John Alexander said.

For four members of the team, their high school golf careers ended. But whether they were departing seniors or just freshmen, whenever they hear "Fore!" or "Nice shot dude!" they will remember a successful golf season.

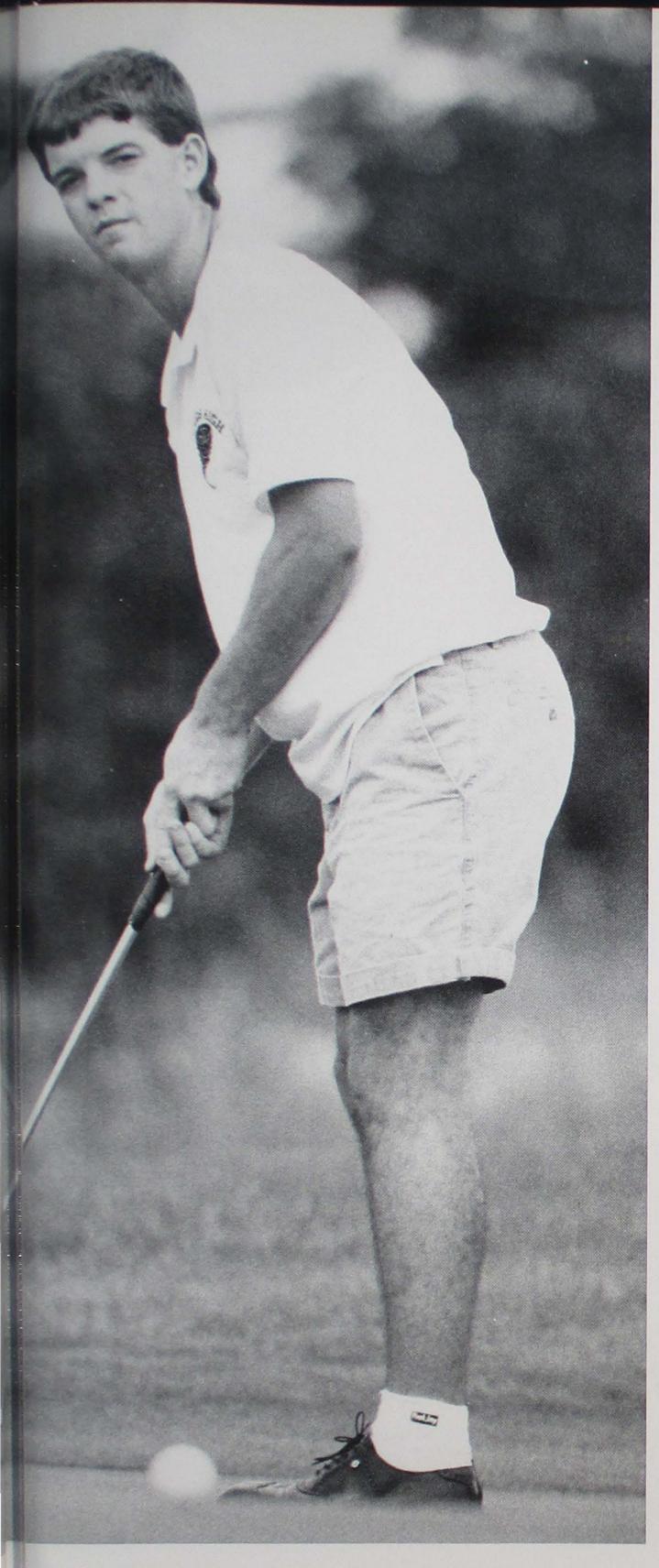
Boys' Golf

Two First Places

Opponent Place Cedar Rapids/Metro 5th DM Roosevelt Invitational 2nd DM East/North Invitational 4th DM East/Lincoln 1st WDM Dowling 2nd DM Hoover/Roosevelt 1st Ames Invitational 2nd DM Lincoln Invitational 4th WDM Valley/North 2nd WDM Valley Classic 3rd WDM Dowling Invitational 2nd Conference 2nd District 3rd State 6th



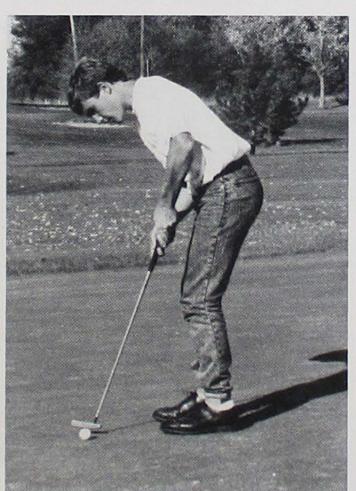
Boys' Golf. Front Row: Chris Bundy, Paul McGee, Mike Pollmann. Second Row: Rob Swanson, Brian Moreland, Brad Wuhs. Third Row: Andy Homan, John Alexander, Jonathan Good. Back Row: Ben Drake, Chris Kennedy, Mike Ketelsen.



After putting, senior John Alexander follows the ball's progress at the DM East/Lincoln triangular. The Little Cyclones won the meet, their first Metro Conference victory. (Photo courtesy of The Daily Tribune)

Making his way through a pile of golf balls, sophomore Rob Swanson practices his swing and follow through during an afterschool practice at the Ames Golf and Country Club. He was one of two sophomores on the varsity team. (Photo by Steph Davis)





Practicing his golf game during an afternoon practice at the Ames Golf and Country Club, senior Paul McGee works to perfect his aim on the green. The team played nine holes each day and usually practiced from 3 to 5 p. m. (Photo by Steph Davis)

The Side

-Brad Wuhs

After playing at least 18 holes of golf almost every day during the summer to get ready for golf season, August 14 arrived suddenly, and so did try-outs.

I was one of eight freshmen who tried out, and as soon as I got to the country club the first day, I knew what everyone thought. "What a bunch of hacks. They've probably never swung a club in their lives."

Well, those four days were over soon, and Jonathan Good and I were the only freshmen to make it.

I thought we'd be accepted easily by the other guys. But there was an endless list of practical jokes and slams tossed our way, whether it was from John Alexander or Paul McGee, who felt it their duty to make our lives more "interesting." John started early, and as the season went on, Paul picked up the slack. Nicknames were dished out to both of us. I was called "savior" after the assistant pro called me that. Jonathan was given the name "choker," which is self-explanatory.

Being the youngest people on the team did have a good side, though. No one expected anything from us, so if we did anything good, we got more congratulations than anyone else.

No one can possibly imagine what Jonathan and I had to live through, but it was worth it. We had a great first season, and the team had a great season until State. I won't comment on State, other than the fact that the whole team borrowed Jonathan's nickname for a day or two.

I know every team gives crap and nicknames and stuff to their youngest members, but no matter how many times your parents tell you, it doesn't build a lot of character, and it doesn't do much for your self-confidence. But it has to happen, and it will continue next year, when Jonathan and I get to become two of the official crap-tos-

The In Side

-Krista Posegate

A-A-A-AMES HI! O! HI! O! HI! O!

The volleyball team roared on to the court, ready to play, conquer and win. We were known as the "fall family" because we played, ate and slept together (not literally).

Sunday nights became the social event of the week as we gathered at someone's house to view game films, talk about strategies and pig out on anything we could get our hands on, all which helped us pump up for the week ahead.

For an extra energy boost before games, we turned up our homemade 'jam' tape which had songs designed to inspire us to victory.

Every one of us contributed, pushed each other and strived to achieve our goals. We played in sync, just as if we had been playing together since the day we were born.

Each of us possessed certain skills and we mixed together like a gourmet recipe!

On Saturdays, you could find the team at different tournaments across the state playing non-conference teams.

Speaking of conference, who won the Metro two years running? That was just one of the goals we attained.

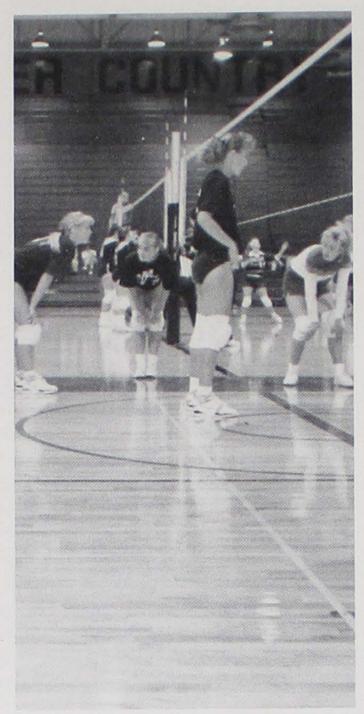
Our season was capped by an underclassmen kidnapping night, just one of the brilliant ideas thought of by the seniors. Forcing them to eat our progressive dinner, pestering them and ruining their dates gave the seniors genuine pleasure.

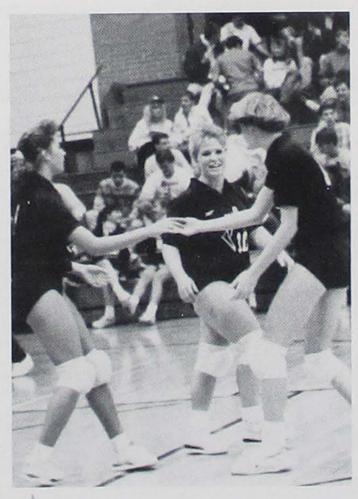
The season came to an end. Although we never thought that the day we turned in our "buns" would come too soon, given the chance, each of us would pull them on again.

Just like a recipe, things are mixed together and never taken apart. Hopefully, that is how the feelings of the 1989 volleyball team will be.

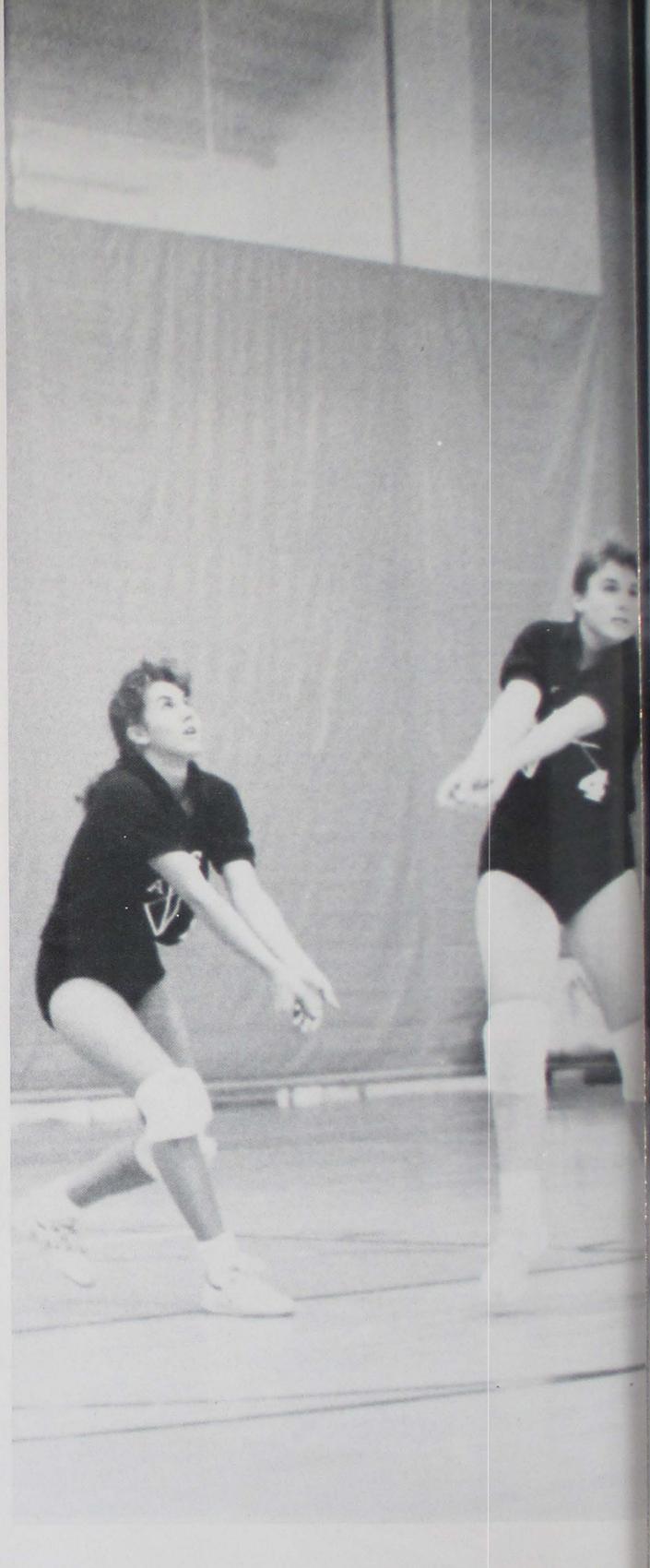
Teamwork is an important aspect of every sport. Senior Heather Jesse is practicing hers by backing up junior Janea Carter during a game against WDM Dowling. Ames finished by overcoming Dowling with a 3-1 victory. (Photo by Laura Zachary)

To overcome nerves while playing Fort Dodge, junior Julia Ford, senior Dawn Ricketts and junior Jennifer Kellen concentrate on the server's motion. Fort Dodge went on to best Ames by a 2-3 margin. (Photo courtesy Todd Wilkinson)





Building team morale is an integral factor in achieving victories. During a game against DM North, junior Niki Nilsen does her part by congratulating junior Christie Hunt and senior Krista Posegate. Ames beat North 3-0. (Photo by Andy Scott)



oint Effort

Camaraderie and talent earned a successful season

-Jennie Jones

"License to kill — we don't rebuild, we reload." It sounds like the motto for a group of merciless commandos. But they weren't armed with machine guns, Ames High's volleyball team was armed with talent.

They had savage spikers, poi- them to contribute to every game. sonous placers and sinister setters. And these girls knew how to win. Halfway through their fifth season they racked up their 100th victory, then finished with a 36-8-1 record.

"It was a good year for us; we won a lot of games, met our goal of being conference champs and had that strength, the team got together fun," senior Christa Jungst said.

Victories don't just happen though, and this team put in its guota of hard work. The coach and seniors worked to incorporate drills they learned at camps into their daily practices.

"Dawn Ricketts and Christa Jungst came up with drills that improved our fundamental skills under

pressure situations during the game. We also learned more complicated offenses and defenses that added to our playing ability," junior Jennifer Kellen said.

Another factor that helped the team was the members' ability. Each had developed skills that helped

"Each person was different and had their own talent. And because we rotated, we were able to get people in at their best positions, making whole team stronger," sophomore LeAnne Ford said.

In order to build and maintain outside of practice.

"We'd get together on Sundays to gossip, eat, discuss some of our different plays during the games, goals, everything. It helped make everyone feel like they belonged," junior Christie Hunt said.

That sense of belonging carried over into games, where the players enjoyed its benefits.

"We communicated really well during the games. Everyone encouraged each other all the time and kept everybody psyched up. No one was allowed to get down on themselves," junior Julia Ford said.

While the team met some of its goals by winning the Metro title, it fell one game short of going to State. Many were disappointed after having a successful season.

"Before the game, we thought we had a good chance of winning, but we just didn't play well together that night. We all went into the locker room afterwards and sat in silence while half the team cried," senior Heather Jesse said.

Even without a state championship, the team did end up on top in some respects.

"This is the first year everyone worked together. There were less guarrels because we went for team victories instead of individual glory," junior Niki Nilsen said.



Varsity Volleyball. Front Row: Christie Hunt, Dawn Ricketts, Krista Posegate, Paige Hoefle, Janea Carter. Second Row: Anya Whigham, Julia Ford, Niki Nilsen, Jennifer Kellen, Christa Jungst, Heather Jesse, Sarah Ford. Back Row: Mary Buck, Assitant Coach Heidi Long, Assistant Coach Sherry Taylor, Coach Karl Schloerke, Assistant Coach Joni DeKok, Statistician Karen Hsu.

Varsity Girls' Volleyball

34 wins, 7 losses, 1 tie

Opponent	AHS/Opp
Fort Dodge	2-3
Ames Earlybird	1st
DM Roosevelt	3-2
Metro Invite	2nd
DM Hoover	3-0
DM East	3-2
WDM Dowling	3-1
Fort Dodge Invite	3rd
Ankeny	3-0
DM Lincoln	3-1
Marshalltown	3-0
DM North	3-0
WDM Valley	3-0
Urbandale Invite	2nd
Metro Tournament	1st
Regional Tournament	
Ballard	3-0
Nevada	3-0
DM East	1-3

Giving it her all, freshman Jeanne Sundstrom jumps while freshman Kelly Hawley looks on in the JV game against WDM Dowling. Ames beat Dowling 15-7 in the final match. (Photo by Laura Zachary)

Squatting in preparation for the serve, freshman Serra Sermet anticipates the ball in a game against DM Hoover. Ames ended up on top, beating Hoover 2-0. (Photo by Paige Hoefle)









Freshman Girls' Volleyball. Front Row: Emily Kim, Serra Sermet, Stephanie Cerran, Glenda Ellis, Jana Hertz, Keara Langston. Second Row: Leda Cole, Trudi Weis, Kelly Hawley, Asheley Holscher, Leah Uhlenhopp, Missy Yongclas. Back Row: Mary Buck, Assistant Coach Heidi Long, Assistant Coach Sherry Taylor, Coach Karl Schloerke, Assistant Coach Joni DeKok, Statistician Karen Hsu.

Freshman Girls' Volleyball

10 wins, 5 losses, 1 tie

Opponent	AHS/Opp
Fort Dodge	0-2
DM North	3-1
DM Hoover	2-0
WDM Dowling	0-2
Ankeny	2-0
Marshalltown	2-1
WDM Valley	1-2
DM Lincoln	2-1
DM Roosevelt	2-0
WDM Valley	2-0
Freshman Volleyball Tournament	3rd

lose Ties

Working as a team brought players together

-Nicole Stocks

Sticking together through thick and thin. That's what the JV and freshman volleyball teams did to help sport winning seasons.

The JV team ended the season with a 24-14 record, which led them to first place in the Metro. And practicing two hours every day helped them win the crown.

"Sometimes at practices it seemed we were really playing an actual game. Some of the people took it really seriously, which was good, because it made the competitors seem not so threatening," sophomore Tara Carmean said.

And when it came to an actual game, WDM Dowling worried a few girls. JV player Sarah Uhlenhopp explained that Ames was losing through the first part of the match,

Getting prepared for the game against DM Roosevelt, JV players discuss the strategies they plan to incorporate in the games. Ames swept the match by beating the Rough Riders 15-2 and 15-8. (Photo by Laura Zachbut the girls were able to come back and win.

"We were really worried to face Dowling but were tough and knew we could do it," Uhlenhopp said.

The freshman team also had a successful year with a 10-5-1 re-

"I think we played best in our game against Marshalltown. We were really rockin' then," freshman Asheley Holscher said. Ames beat Marshalltown 2-1.

Freshman Jeanne Sundstrom practiced and played with the JV team and she said the other players helped make this adjustment easier for her.

"Everyone on the team was like a big sister and made me feel comfortable, even though I was only a freshman," Sundstrom said.

These "big sisters" helped other team members feel more at home on the team as well. They gave emotional support both on and off the court.

"The older members of the squad included us instead of looking

down on us. We had team meetings in which they said we could come to them if we ever had a problem," sophomore Holly Forssman said.

The girls did activities outside of volleyball practice to remain close,

"Sometimes when we'd get the urge, the team would go out for pizza or go over to someone's house and watch movies. It was a total blast," sophomore Jocelyn Ely said.

And some agreed that a good team depended on the attitudes and the friendships with each other.

"We really improved this season. We became stronger as a team and closer as friends. All our hard work really paid off, and I think that's what spirit is all about," junior Brandee Griffin said.

A lot of the girls decided that if you stick together, anything can be accomplished.

"This season we told ourselves we could do it, and we did after a lot of time and patience. The way the season turned out was worth it," sophomore Beth Muller said.

JV Girls' Volleyball

14 wins, 3 losses, 2 ties

Opponent	AHS/Opp
Fort Dodge	0-2
DM North	3-0
DM Roosevelt	2-0
DM Hoover	2-0
DM East	2-0
WDM Dowling	2-1
Ankeny	2-1
DM Lincoln	0-2
Marshalltown	2-0
DM North	2-0
WDM Valley	2-1
Dowling JV Tournament	2nd



JV Volleyball. Front Row: Jeanne Sundstrom, Kelly Randles, Jocelyn Ely, Rachel Faltonson, Beth Muller, Tara Carmean. Second Row: Wendy Nelson, Megan Miller, Pam Carlson, Brandee Griffin, Holly Forssman, LeAnne Ford, Sarah Uhlenhopp. Back Row: Mary Buck, Assistant Coach Heidi Long, Assistant Coach Sherry Taylor, Coach Karl Schloerke, Assistant Coach Joni DeKok, Statistician Karen Hsu.

h So Close

Team was just baskets away from a perfect season

-Jennie Jones

Close only counts in horseshoes, hand-grenades and nuclear bombs. But the varsity boys' basketball team was not any of those things, and close didn't quite make it when it came to winning crucial contests.

"We always came up one short it seems. We were one game short of winning the Metro and one game short of making it to sub-state," junior Nathan Koch said.

For the average team, these aren't easy feats. But for a team that had been ranked in the top 10 for much of the season, it was more expected than speculated.

"Everyone on the team was talented. It really kept the competition intense, so everyone played their best. Sometimes, though, it hurt us because we didn't always play as a whole team," junior Pete Fretz said.

Being a ranked squad, other teams were continually trying to 'upkind of pressure the team had to be ready to face every one of its opponents.

"We had to play to win all the time because we were usually favored in games. To lose would have been humiliating," junior Rob Kain said.

The team didn't always have that drive though. Being ranked second pre-season gave the team too much confidence, according to players, and it hurt the team in its first game.

"We got beat in the first game because we thought we would walk all over them. That made us realize that we would have to play together to win," junior Fred Hoiberg said.

While the ratings may have adversely affected the team in the beginning, they managed to turn those benefit.

set' the Little Cyclones. With that us confidence when we were playing games. They gave us the feeling that we could play at the same level as the best teams in the state, and that we had the ability to beat most of the teams in the Metro," senior Tom Joensen said.

> And there was one team that the players especially wanted to beat -DM North. After losing to their archenemy in front of a record 3900 people in the North High gymnasium, the Little Cyclones were ready to take on the Polar Bears on their home court.

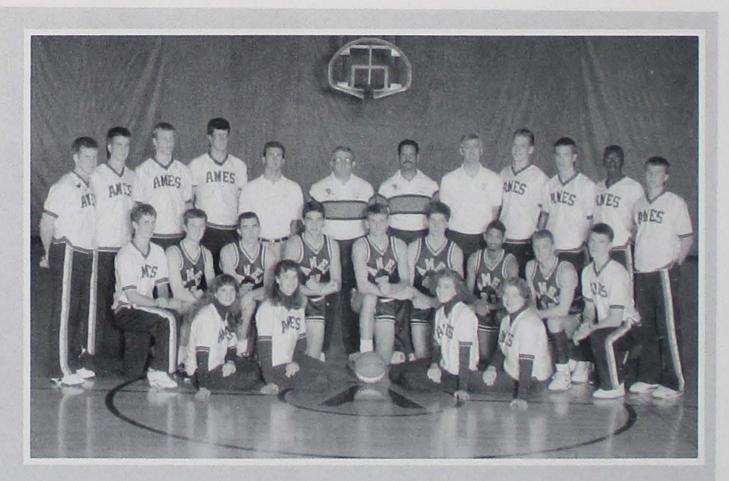
> "The best win we had this year was when we played North at home. All the players were psyched up and the fan support was so great," junior Mike Bergan said.

The 77-73 victory that night brought the team close to winning the Metro title. But along with that affects around and use them to their came the realization that closeness on the court counted more than any "Knowing we were rated gave amount of talent ever could.

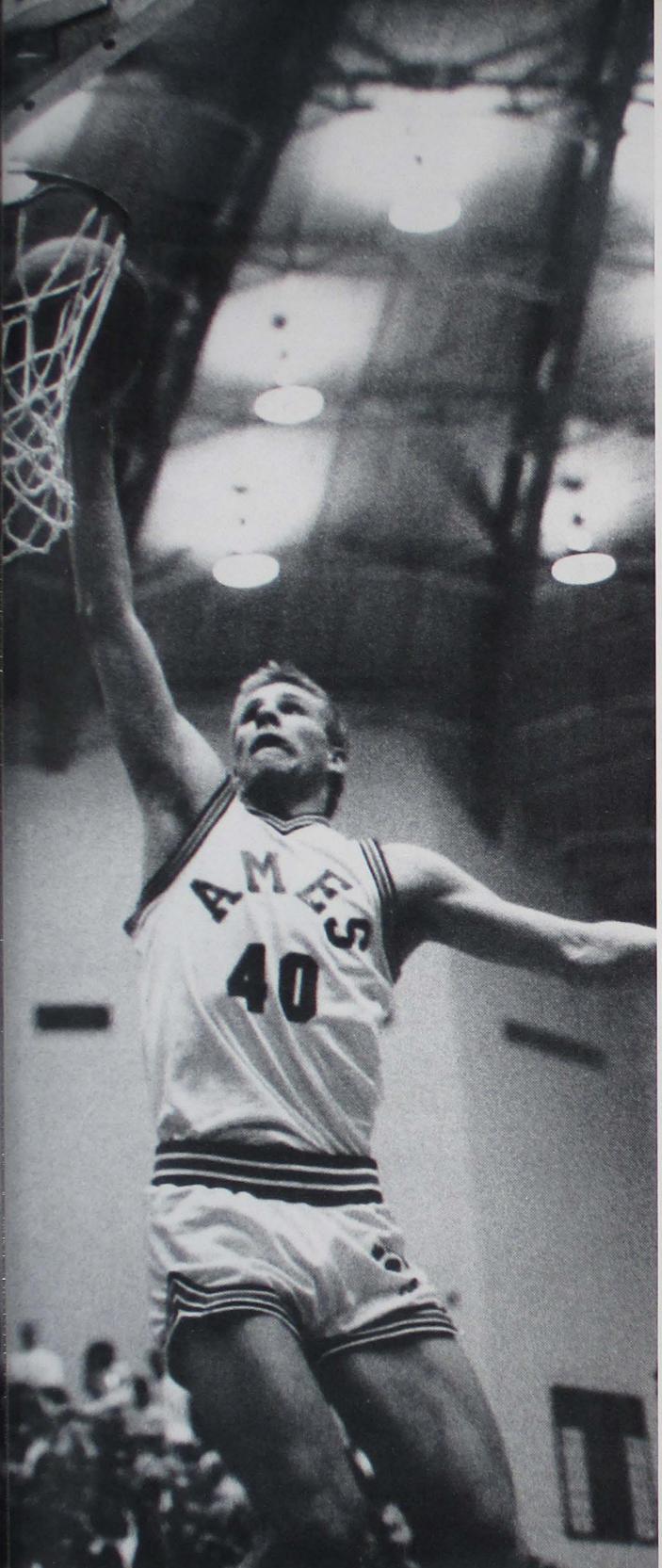
Varsity Boys' Basketball

17 wins, 5 losses

Opponent	AHS/Opp
Marshalltown	48-52
DM Roosevelt	84-66
Fort Dodge	71-57
DM Hoover	80-59
WDM Dowling	80-76
DM East	91-46
Ankeny	74-84
Boone	72-39
DM Lincoln	69-59
WDM Valley	64-55
DM Roosevelt	75-70
DM North	65-81
DM Hoover	59-56
DM North	77-73
WDM Dowling	93-46
DM East	71-50
DM Lincoln	78-70
Mason City	80-77
WDM Valley	79-81
Boone	81-49
Webster City	87-58
Ankeny	59-65

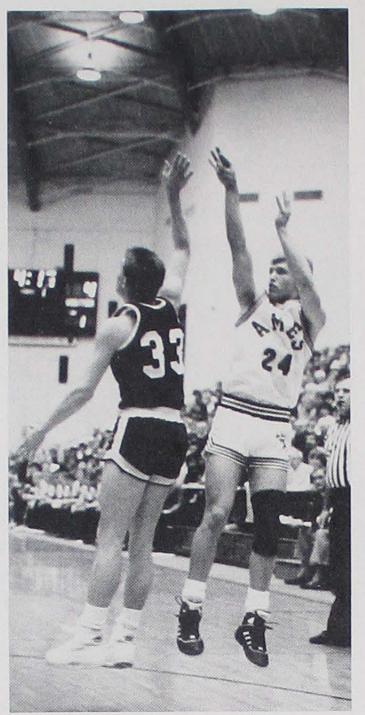


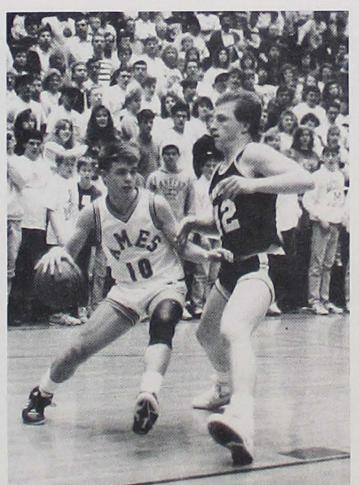
Varsity Boys' Basketball. Front Row: Manager Andee Moore, Manager Allison Doyle, Manager Staci Kepley, Statistician Mary Buck. Second Row: Tim Legg, Jeff Dale, Kent Kavanagh, Jason Horras, Scott McGlothlen, Tom Joensen, Aaron Clinton, Jason Bennett, Brian Petrus. Back Row: Jay Johnson, Chris Ollila, Fred Hoiberg, Rob Kain, Trainer Aaron Nelson, Assistant Coach Bud Legg, Coach Wayne Clinton, Assistant Coach Galen Moore, Pete Fretz, Nathan Koch, Bona Lueth, Mike Bergan.



Skying for the basket, junior Fred Hoiberg dunks the ball. These points were just two of 18 that Hoiberg scored during the substate game against Ankeny. Despite those points, Ames lost the game 59-65. (Photo by Andy Scott)

Jumpshots are a blend of altitude and accuracy on the part of a basketball player. During the sub-state contest, senior Jason Bennett demonstrates both as he launches a shot for the Little Cyclones. (Photo by Andy Scott)





While bringing the ball down court, junior Mike Bergan must dodge an Ankeny player before setting up a play. Losing the game ended the Little Cyclones season one game short of the State Tournament. (Photo by Andy Scott)



-Nathan Koch

We all stood there staring at the more than 4,000 fans that had packed into the AHS gym to see us play North. Every one of us was nervous, even though we would never admit it to the fans.

When we took the floor the fans went nuts, and they stayed that way the entire game. Every time I'd look over at the bench or at the crowd I'd just want to win the game even more. The whole gym would erupt every time we made a shot, whenever they fouled us, anytime anything went our way. Even if the pace of the game slowed, the crowd didn't get down; their enthusiasm would just pump us up again.

After the buzzer sounded, the fans ran on to the court and it was just complete insanity. Everyone was screaming and yelling and jumping up and down. So many people patted my back and congratulated me that I ended up losing track of them all.

Then we went back to the locker room. I just sat down at my locker and watched everyone for a while. I saw Kent Kavanagh jump on top of the lockers and start dancing. I saw Jason Bennett run around and scream 'yes' to anyone who would listen. And I saw Fred Hoiberg walking around with the biggest grin in the world plastered on his face.

I hope that when the other players look back at the season they don't remember the low points, but instead they have memories of the special moments. Even though we always didn't get along, there were times we had that I will never forget. Beating WDM Dowling 93-46 after putting up with them for all these years was one of the highlights. Edging by Mason City on their court was another. But the best, by far, was the North game. The first loss to them just made revenge oh so sweet.

Near Perfect

Hard work paid off throughout successful seasons

-Steve Wuhs

The dictionary defines succeeding as resulting favorably to plans or desires. That definition fits the freshman and sophomore boys' basketball teams almost perfectly. Both of the teams achieved their goals through hard work and dedication.

The freshmen made the move into the Metro Conference easily. They ended the season as Metro champions, having lost only one game in the conference. They obtained this near-perfect record through many strenuous practices.

"We worked really hard in practice all year long. It just proves that if you try hard enough, you can do anything you want," freshman Dan Ricketts said.

team was its coach, Vance Downs. It was his first year coaching the team.

fair coach. I think he did real well and Bappe said.

The team ended its season with said. a record of 17-3. Besides the conference loss to WDM Valley, they were also defeated by Ankeny and Marshalltown.

"After we won the conference. we sort of just took it for granted that we'd win the rest of our games," freshman Kevin Lawler said.

While the freshmen started strong, the sophomores built throughout the season.

we had a couple of shakey games. Those got us back on track," sophomore Alex Garn said.

for nearly the rest of the season. Head coach John Walz helped to Adding to the enthusiasm of the motivate the team in his first year at Ames High.

"We were more disciplined, and we've improved more than any other "He was really positive, a good, year we've played. Coach Walz real-

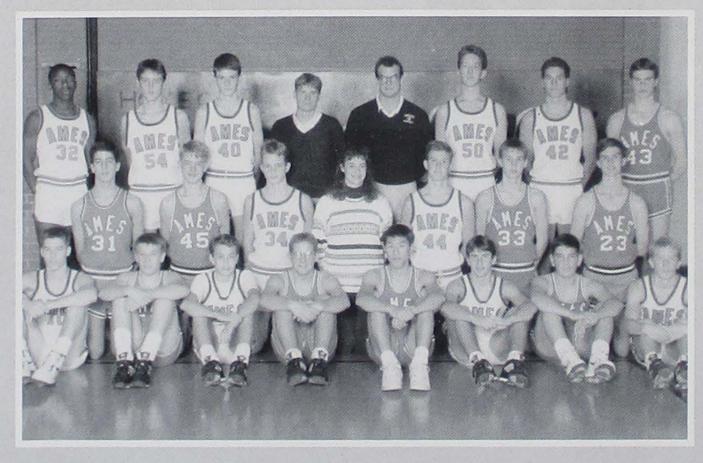
ly got us going. He did real well. He knew his stuff," freshman Jeff yelled a lot, but was a good coach," sophomore Mark Milleman

> The Little Cyclones ended their season with a 15-4 record, with only three losses in the conference. Two of those were to WDM Dowling.

"We played them at the beginning of the season, and we were up by 14, and then played like wimps and lost. We never let that happen again," Milleman said.

It was through this dedication and determination that both the "We started off okay, but then freshman and sophomore boys' basketball teams accomplished what they did. They created their own definition for success through And the team stayed on track their hard work in practice and in games.

> Rising above his DM Roosevelt competitors for a jump shot is freshman guard Scott Gabrielson. His efforts helped the team to one of its two victories over the Roughriders. (Photo by Staci Dooley)



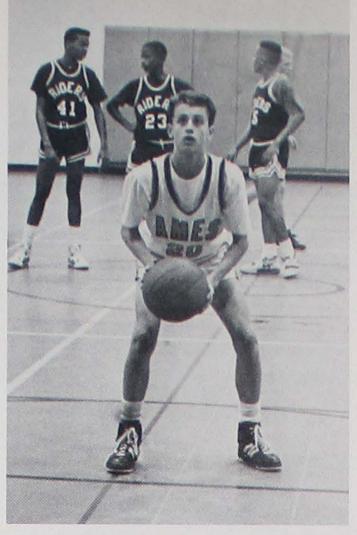
Freshman Boys' Basketball. Front Row: Jeff Bappe, Aaron Burrier, Mike Eagan, Kelly Delagardelle, Arthur Chen, John Tannehill, Carlos Wesley, Scott Gabrielson. Second Row: Steve Edelson, Mark Skluzacek, Dan Ricketts, Manager Alison Doyle, Jason Miller, AJ Skahill, Jonathan Good. Back Row: Tendai Muyengwa, Kevin Lawler, Mark Gyllstrom, Assistant Coach Paul Christian, Coach Vance Downs, Collin Paige, Nick Benson, Greg Anderson.

Freshman Boys' Basketball

17 Wins, 3 Losses

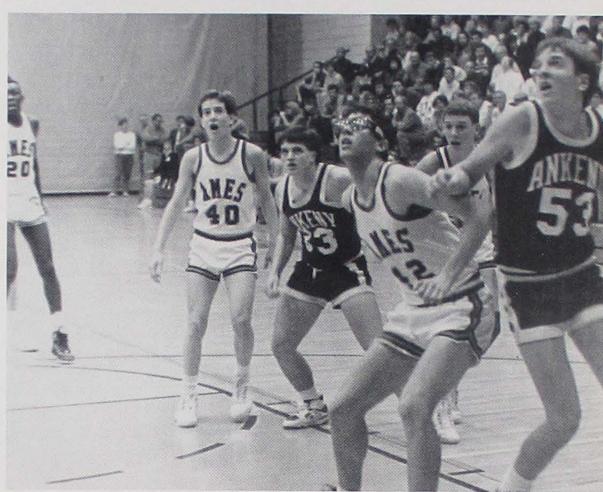
Opponent	AHS/Opp
DM Roosevelt	61-29
DM Hoover	78-31
DM North	80-52
Urbandale	68-54
WDM Dowling	80-79
DM East	59-50
WDM Valley	49-53
Marshalltown	61-58
DM Lincoln	66-61
DM Roosevelt	72-54
DM Hoover	62-50
DM North	74-55
DM East	72-57
DM Lincoln	69-52
WDM Valley	80-70
WDM Dowling	89-79
Ankeny	54-69
Marshalltown	58-67
Indianola	98-45
WDM Dowling	79-68





After a technical foul was called on DM Roosevelt, freshman Mike Eagan had the opportunity to score two more points for his team. The freshmen went on to win the game. (Photo by Staci Dooley)

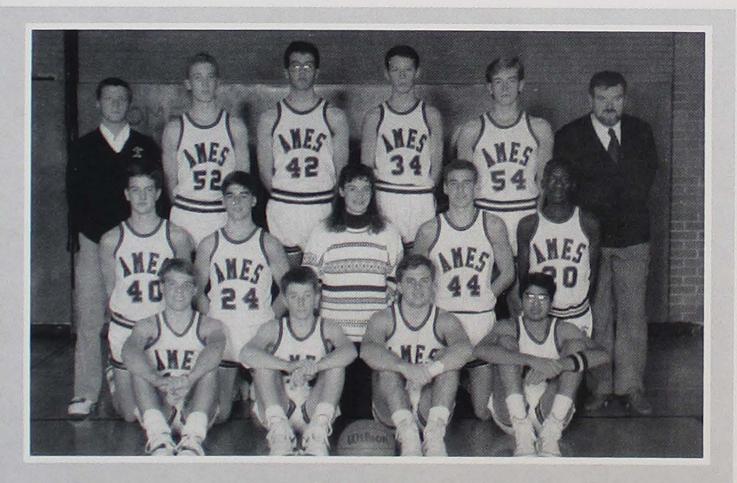
Trying to block out an Ankeny opponent for the rebound is sophomore Brian Coffey. In this January 6 match, the team went on to win by a nine point margin. (Photo by Staci Dooley)



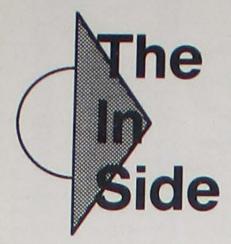
Sophomore Boys' Basketball

15 Wins, 4 Losses

10 111110, 4 200363	
pponent	AHS/Opp
Aarshalltown	69-64
M Roosevelt	64-44
ort Dodge	52-74
M Hoover	83-59
/DM Dowling	64-67
M East	76-50
nkeny	61-52
coone	67-47
M Lincoln	75-51
/DM Valley	63-57
M Roosevelt	67-64
M North	63-69
M Hoover	65-54
M North	70-69
DM Dowling	69-77
M East	84-49
M Lincoln	71-59
ason City	71-48
DM Valley	68-48



Sophomore Boys' Basketball. Front Row: Eric Strong, Jon Dale, Scott Whiteford, Kiran Baikerikar. Second Row: Ryan Carver, Bryce Freeman, Manager Alison Doyle, Mark Milleman, Bona Lueth. Back Row: Coach John Walz, Seth Anderson, Brian Coffey, Alex Garn, Eric Warme, Statistician Ed Schweiger.



-Cindy Harris

We started and finished our season in Fort Dodge, but we traveled to many other places in between.

Each day we journeyed to the gym, wondering how many times it would take to do the three-women weave or how many separators we would have to run. (We had the wonderful experience or running 21 during a winter break practice).

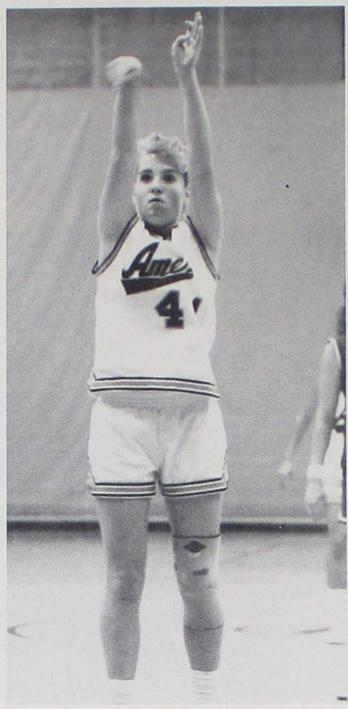
Each Sunday we ventured to someone's house to watch game films, gobble pizza and develop team unity. We learned what competing means: to give it all you have, dive for loose balls and to find an inner strength to come back after personal and team defeats.

We soared to break an Ames High record for the largest win margin by beating Hoover by 36 points. We shared happiness, disappointment, success, failure and frustration. We heard and saw Vert's frustration as he yelled and hurled Bachman's diagram board to the floor during half-time of the Roosevelt game.

This was a year of change, a transition period and many didn't expect us to go too far. I felt as though we were the beginning of a new era, one in which our coaches would lead girls to even more success in the future. Our win-loss record wasn't a true indication of our success. It doesn't show the time and hard work or the trials we overcame. We learned what it takes to be part of a team, to fulfill your responsibilities and to depend on others. Everyone was important and added to the whole. What we did, we did as a team. After every practice, game, timeout and quarter, we would gather, hands in the middle, to shout "TEAM". As we yelled "TEAM" for the last time in Fort Dodge, I looked back and realized how far we had come, how much I was going to miss it and what a 'sweeeet' experience it was.

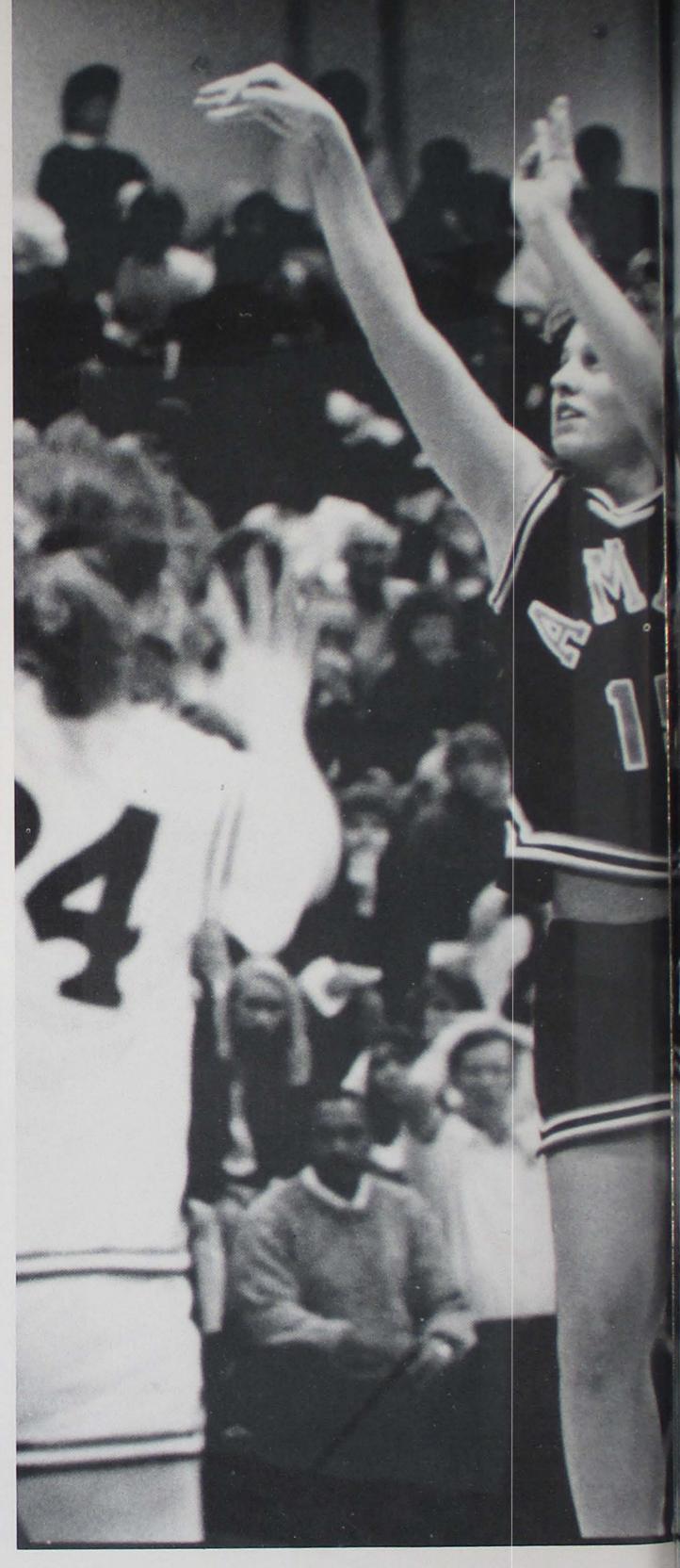
Trying to tie up the score against DM Roosevelt, senior Stacia Madsen takes a last-second shot from mid-field to end the first half. Roosevelt won the game 62-55. (Photo by Andy Scott)

Concentrating on her shot, junior Julia Ford shoots a free-throw early in a game against Marshalltown December 5. The Little Cyclones went on to win the game 69-38. (Photo by Andy Scott)





Charging out of the pack, sophomore Beth Muller heads up court after stealing the ball from Marshalltown. With only three seniors on the team, several juniors played varsity. (Photo by Andy Scott)



resh Start

New coaches bring spark to basketball team

With five wins and 12 losses, the girls' varsity basketball team's record didn't seem too impressive, and didn't look too different from previous years. But on the court there was a new feeling that numbers couldn't reflect.

Much of that feeling came from the team's new coaches. They didn't just take up space on the bench, calling out plays and pulling out their hair. Rather, they added a spark to the team that made their players want to do better, according to junior Jennifer Kellen.

"It was like a fresh start for girls' basketball this year. We still lost, but our work ethic definitely changed. Everyone was more serious and played the game more intensely," Kellen said.

Some of that intensity resulted expected to do better. from rigorous practices, where

conditioning after two-hour workouts. But part of it came from the coaches' faith in the team.

"Vert (Bruce Vertanen) and (John) Bachman were so dedicated to the game that it made me want to play the best that I could. And I even looked forward to practices, and I never had before," junior Jami Stiles said.

Despite the positive attitudes, the team wasn't able to channel that energy into many victories during the season.

"We didn't figure out how to play together until the season's end. But by that time we were too tired of losing to use what we'd learned," junior Christie Hunt said.

The fatigue hadn't always been there. Part of it came from the letdown of losses when the team had

"At the beginning, I expected us players would have 10 minutes of to have more wins. We just never

seemed to play strong all four quarters. The other teams would get ahead in the first quarter and we couldn't come all the way back to beat them. That's what happened in a lot of games we should've won," senior Stacia Madsen said.

Even without a winning record, the team was closer than ever to accomplishing one of its major goals.

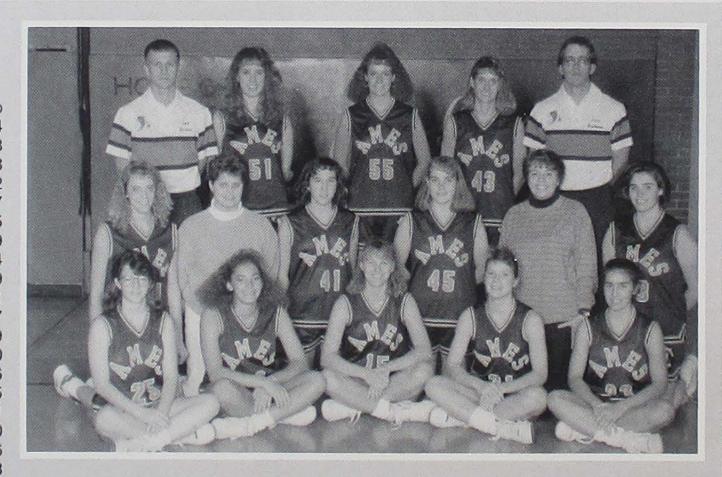
"Ever since we started playing other teams, we've always wanted to beat Fort Dodge. It was disappointing to come so close and then lose again," junior Shay Grundmann said. The Little Cyclones lost to the Dodgers 38-46.

With close losses such as that. the team might have come apart. But instead, according to players, they stuck together as teammates and friends. And that is something numbers could never reveal.

Girls' Varsity Basketball

5 wins, 16 losses

Opponent	AHS/Opp
Fort Dodge	34-64
Cedar Falls	47-68
Marshalltown	69-38
DM Roosevelt	55-62
DM Hoover	63-27
Mason City	44-55
WDM Dowling	59-69
DM East	49-54
DM Rooselvelt	35-49
DM Lincoln	54-71
WDM Valley	48-57
DM Roosevelt	35-49
	58-30
DM North	
DM Lincoln	44-66
DM Hoover	49-45
WDM Valley	40-61
DM North	58-30
Fort Dodge	38-46
WDM Dowling	37-58
DM East	47-58
Fort Dodge	47-58



Girls' Varsity Basketball. Front Row: Melissa Vennard, Christie Hunt, Stacia Madsen, Jami Stiles, Cindy Harris. Second Row: Beth Muller, Trainer, Sonja Baer, Amy Biechler, Julia Ford, Manager Stacey Murray, Sarah Ford. Back Row: Coach John Bachman, Krista Heinzig, Jennifer Kellen, Shay Grundmann, Coach Bruce Vertanen.

Aiming High

9/10 girls' basketball shot for perfect

-Jennie Pelz

More than 500 hours of sweat and hard work led both the sophomore and freshman girls' basketball teams to winning seasons. Both teams accredited this success to an emphasis on teamwork. The sophomore team had the best season they had ever had since five on five play began in 1986.

"Everyone thought we would be awful since we lost two of our best players (Bethany Muller and Amy Biechler) to the varsity team, but we surprised them all by winning a lot of Metro games we had never won before," sophomore Jocelyn Ely said.

The sophomore team had a record of 15-4 overall. Their many wins included a 46-40 upset over Fort Dodge.

"Our biggest victory was beating Fort Dodge because we have been playing them since sixth grade and had built up a huge rivalry; this

was the first time we have ever beat them," sophomore Megan Miller said.

With all of the hours the team spent together, many felt that they were as tight-knit off the court as they were on the court.

"We became really close as a team; we had a lot of slumber parties with the entire team, some at the player's houses and some at Coach (Laura) Ballantine's," Ely said.

The freshman team also had a successful season. The "A" team had a 13-5 record while the "B" team had a record of 10-2. The team attributed its winning record to a strong determination to succeed and a dedication to being the best they could.

"I think the best experience this year was the way the team came together and played as one," freshman Asheley Holscher said The team also felt they improved as a team, partly as a result of coaches Vickie Johns and Angi Quint.

"I thought the coaches were great this year, they brought us together and helped us to play better," freshman Kelly Randles said.

Although the players gave the coaches a lot of credit for their success, head coach Johns had many good things to say about her team.

"The freshman team is a very talented group of young women. Their success this season, in a large part comes from their desire and dedication to athletics," Johns said.

The talent of both teams was evident by their winning seasons and their ability to work together as one.

Playing defense, sophomores Karin Clocke and Holly Forssman try to block a pass against DM Lincoln. The sophomore team lost to the Railsplitters 61-68. Lincoln was the only team that beat the sophomores twice. (Photo by Staci Dooley)



Sophomore Girls' Basketball. Front Row: Renee Ripp, Jocelyn Ely, Keara Langston, Michelle Goodwin. Second Row: Karin Clocke, Pam Carlson, Neena Paul. Back Row: Megan Miller, Coach Laura Ballantine, Megan Freeburg, Holly Forssman.

Sophomore Girls' Basketball

15 wins, 4 losses

Opponent	AHS/Opp
Fort Dodge	40-52
Cedar Falls	64-36
Marshalltown	59-33
DM Roosevelt	29-26
DM Hoover	54-24
Mason City	63-42
WDM Dowling	37-45
DM East	62-23
DM Lincoln	61-68
WDM Valley	49-48
DM Roosevelt	42-24
DM North	75-24
DM Lincoln	48-59
DM Hoover	55-26
WDM Valley	42-38
DM North	42-23
Forth Dodge	46-40
Newton	62-41
DM East	60-30





Watching the ball intently, sophomore Jocelyn Ely attempts a block, while teammate Karin Clocke looks on. The team had an overall record of 15-4, and a Metro record of 10-3. (Photo by Staci Dooley)

Raising her arm, freshman Kristy Heighberger acknowledges a foul during their first game against DM North. The freshmen won at home 54-20 and later beat them again 48-31. (Photo by Staci Dooley)



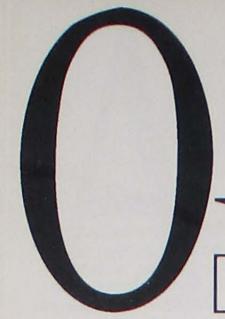
Freshman Girls' Basketball

13 Wins, 5 losses

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pponent	AHS/Opp
ort Dodge	43-38
M Hoover	53-27
M North	54-20
M Roosevelt	59-15
ason City	55-31
M Hoover	48-28
arshalltown	45-47
M Lincoln	47-56
DM Valley	41-39
M Roosevelt	54-21
M Hoover	61-42
M North	48-31
DM Valley	40-38
M East	42-35
DM Dowling	65-43
DM Dowling	52-53
arshalltown	54-41
M Lincoln	43-57



Freshman Girls' Basketball. Front Row: Leigh Ann Powell, Kelly Randles, Serra Sermet, Kim Biechler, Kelly Hawley, Anna Terpstra, Kristi Heiberger, Kelly Koppes. Second Row: Ammi Loutzenhiser, Jeanne Sundstrom, Dawn Bilyeu, Trudy Weiss, Shannon Dau, Leah Uhlenhopp, Missy Yungclas. Back Row: Manager Karen Hsu, Assistant Coach Angi Quint, Asheley Holscher, Kari Marty, Sara Day, Head Coach Vickie Johns, Manager Amy Bartine, Manager Rachel Wilke.



vercoming Odds

Wrestlers took opponents a-back

-Becky Jorgensen

"One point. Escape." The varsity wrestlers had to escape from more than just their opponent's grasp. Plagued with some misfortune, they had to learn to overcome their own setbacks.

"Our senior class has been considered the best class in AHS. We thought we'd be awesome. Then (Scott) Sams was out for most of the season, and Kon (John) broke his arm. We've also had a lot of guys at the same weight," senior Brian Pattinson said.

drances didn't seem to be a problem for the team, and may have helped them to push themselves a little harder.

"In the next match after Kon broke his arm, (senior Eric) Ziebold had to wrestle a guy he'd never beaten, and he ended up winning," senior Scott Sams said.

Incidences like this one showed how important it was to be mentally tough. And when "get tough week" (the week before the state tournament) came around, that's exactly what the wrestlers did.

Although it appeared that they had an average season with a record of seven wins and six losses. the team advanced six wrestlers to State; only two other teams qualified more wrestlers than that.

"The state meet was exciting with all the people there. There was a lot of energy and a lot of nerves," junior Eric Peters said.

Of the six wrestlers that quali-But overcoming these hin-fied for State, three placed in the top six of their weight division. Peters was fourth at 160 pounds, senior Paul McGee earned sixth place at 140 pounds, and at 135 pounds, Ziebold was fourth. The team was 16th in the 3A division with 27

> For the guys who couldn't wrestle at the state tournament because of injuries, lessons were learned that were useful on and off the wres

tling mats.

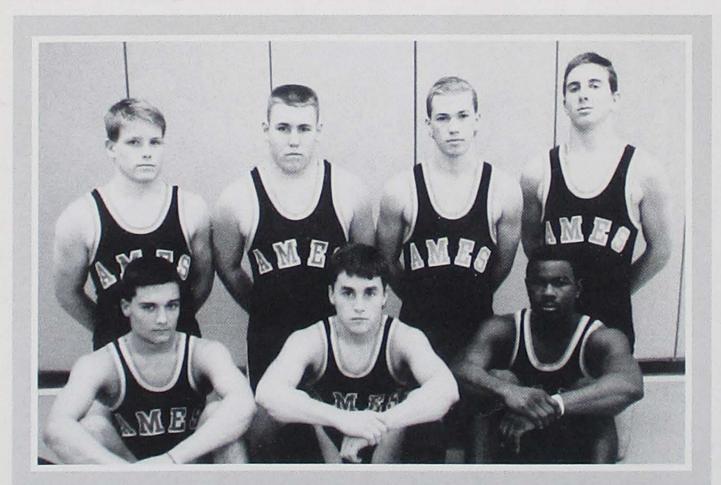
"I've learned that everything isn't bright and happy when you have the ability to do something well. You have to work at it," senior Kon John said.

It was this kind of attitude that brought the team together.

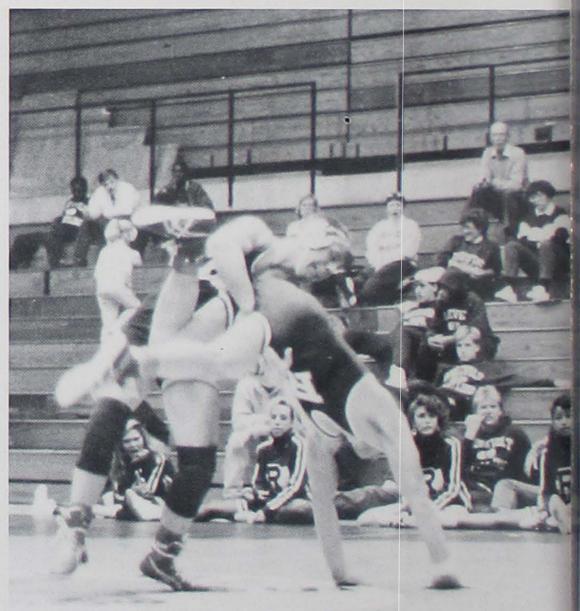
"We really drew together as a team. It takes, not a bunch of individuals, but the support of all your friends to overcome setbacks. That's what we became - good friends," senior Brian Peter said.

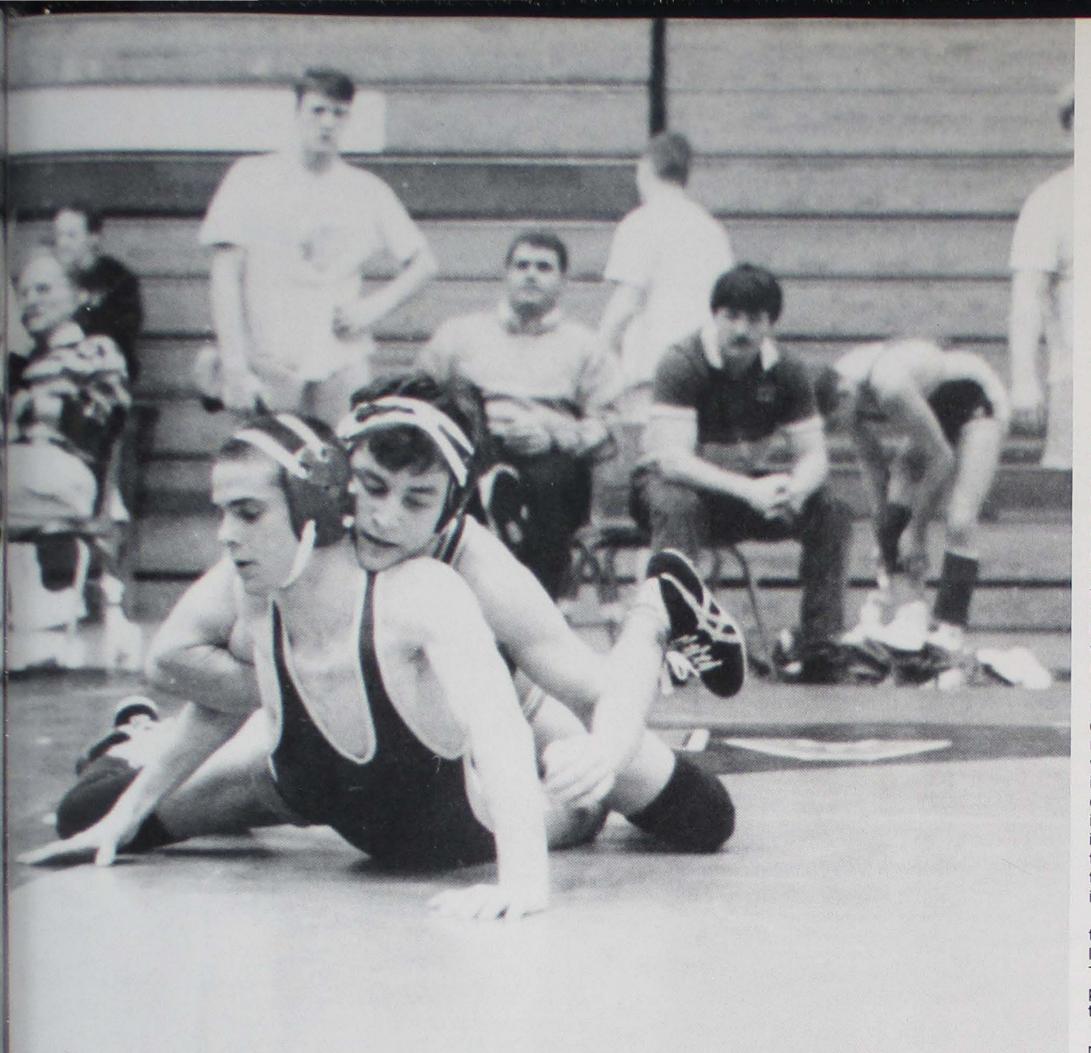
At 125 pounds, junior Tim Randles attempts to perform a chicken-wing on his opponent from Indianola. Randles went on to place fourth in the Ames Invitational and ended the season with a 17-9 record. (Photo by Laura Zachary)

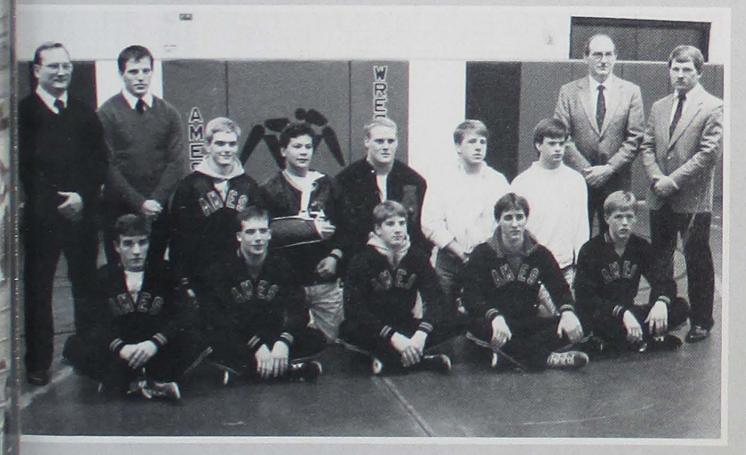
During a dual meet against DM Roosevelt December 7, senior Paul Gibbons shows who's in control. Gibbons goes for a singleleg-lift, dumping his opponent on the mat for a match-winning take down. (Photo by Laura Zachary)



Junior Wrestlers. Front Row: Dax Slaughter, Tim Randles, Dragus Lawson. Back Row: Eric Peters, Bart Fowles, Cory Toomsen, Carl Forsling.







enior Wrestlers. Front Row: Paul McGee, Matt Meinhard, Scott Sams, Eric Ziebold, Jon Engelan. Back Row: Coach Kirk Schmaltz, Coach Mike Riddle, Brian Peter, Kon John, Chad Wilson, aul Gibbons, Brian Pattinson, Coach Jack Mendenhall, Coach Wes Worrell.

Varsity Wrestling

7 wins, 13 losses

Opponent	Place
Newton	1st
DM Roosevelt	1st
WDM Valley	2nd
Mason City	2nd
DM North	1st
DM Hoover	1st
Carroll Kuemper	1st
Boone	1st
DM East	1st
DM Lincoln	2nd
Marshalltown	2nd
WDM Dowling	2nd
Fort Dodge	2nd
WDM Valley Tournament	3rd
Fort Dodge Invitational	5th
Ames Invitational	6th
Districts	3rd
State Tournament	16th

The In Side

-Eric Ziebold

It looks as if the wrestling program could be running on a four-year cycle. When the freshmen came up to the high school four years ago, a good percentage ended up in the wrestling room. At the time, the team was dominated by upperclassmen, with the exception of the two freshmen letterwinners. This year's team was again dominated by upperclassmen, with two freshmen letter winners.

It's tradition for the upperclassmen to sit in a corner of the wrestling room before practice, and watch the freshmen come in. It was a shocking experience as they started walking in, for they kept pouring into the room. Although they were large in numbers, they didn't gain confidence in those numbers.

It's also a tradition for the team to play a game, usually elimination or stick ball. The freshmen were usually packed along the walls as they watched us in awe.

At times, we had too much fun. There were some interesting bus rides home that whole articles could be written about.

For example, before the Valley Tournament, most of the more experienced wrestlers were sitting in the back of the bus talking about what we wanted to eat. Then Kon John walked onto the bus with a tupperware container full of a slush he'd made. There is an unbreakable bond formed between starving wrestlers, so naturally he shared and we rejoiced.

The younger wrestlers weren't as easily entertained. On one bus ride, they played truth or dare with the cheerleaders. They had fun until the coach found out what had happened. Then the old veterans had fun laughing at them.

Although it appears that the wrestling program runs in cycles, I don't think any team could be as fun as this one.

Derfecting Pins

Freshmen and JV began slow and ended triumphantly

-Beth Fatland

Hard work, the right attitude and learning something new are accomplishments aimed for in any sport. The freshman and JV wrestling squads achieved all three, and improved and came together as teams by the end of the season.

Hard work, an essential for a productive season, became a foundation for improvement.

"At the start of the season everyone had trouble with conditioning, but we concentrated on it and became better with time," sophomore Nathan Pelzer said.

To push themselves beyond the limits, the right frame of mind was required. A light attitude early in the season became serious towards the end.

"In the beginning, we looked at wrestling as a blow-off. Later in the season, we took it more seriously and started working harder," freshman Steve Howe said.

History sometimes repeats it- to use their knowledge of the

self. With the serious attitude, plus the use of the varsity teams weight control tactics, the JV squad had an edge on the competition.

"Everyone kept their weight down instead of cutting the night before, which gave us more energy to put towards the matches," junior Dragus Lawson said.

In addition to making weight, learning was also a key ingredient for success.

"The big adjustment is that in many sports, athletes are isolated by their ability level and grade. But in wrestling, all of us are together in the same room; the only way we are separated is by weight class. Wrestlers have to adjust to wrestling varsity and they have to learn the workout ethics. You not only have to improve, but you have to learn where you fit in," assistant coach Kirk Schmaltz said.

Along with adjustments and physical strength, athletes needed to use their knowledge of the

sport.

"One of the reasons for the improvement was that we started to use the maneuvers we were taught, instead of just muscle," Howe said.

Once knowledge was put to use, a shared sense of responsibility and a family-like feeling also existed between the members of the team and the coaches.

"In the beginning, everyone was kind of out on their own. We became better because everyone started to get along as a team instead of just a group of juniors, sophomores and freshmen," Howe said.

This sense of teamwork advanced the freshman and JV teams from struggling beginners to experienced wrestlers.

Gritting his teeth with determination, freshman Ben Ford finds himself in an unfamiliar situation. During a JV dual meet, Ford attempts to reverse his WDM Valley opponent using a switch. (Photo by Laura Zachary)

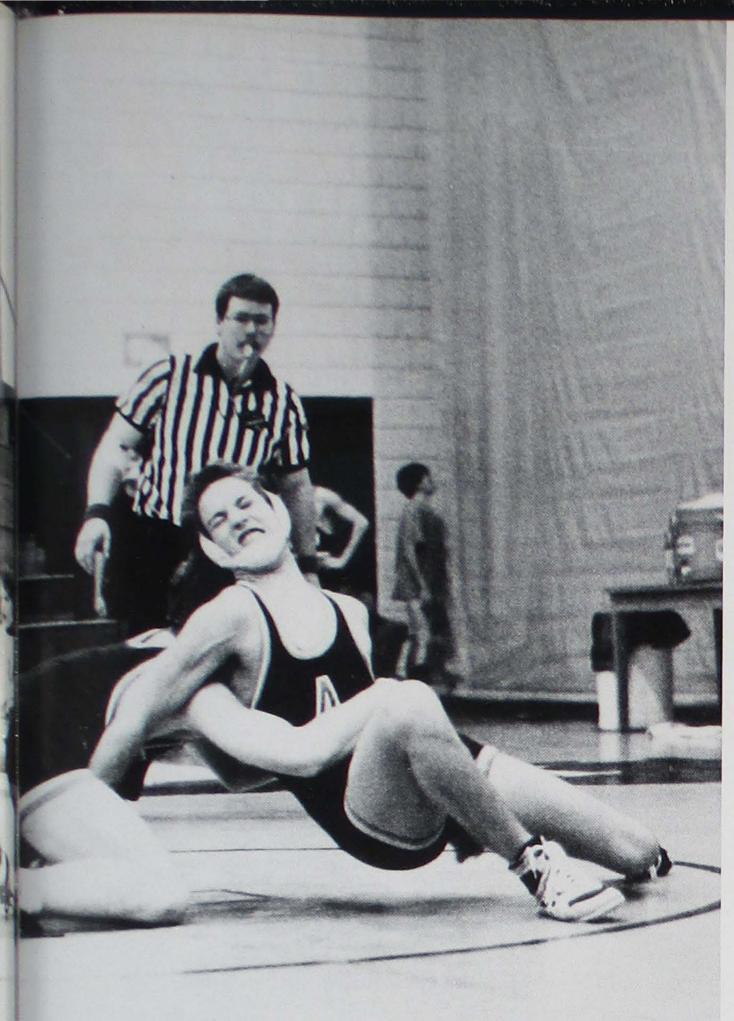


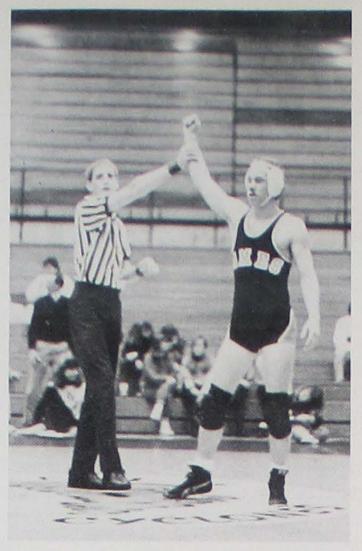
Freshman Wrestlers. Front Row: Jason Dane, Derek Kepley, Scott Reger, Ryan Carey, Eric Burlingame, Steve Howe. Second Row: Dave Pollard, Kevin Burkheimer, Kyle Hanson, Ben Ford, Jeff Weiss, Jud Horras. Back Row: Josh Bryant, Shawn Gould, Todd Flemmer, Matt Thompson, Cleiton Caruth, Jason Piekema. Not Pictured: Matt Cunningham.

Freshman Wrestling

2 wins, 3 losses

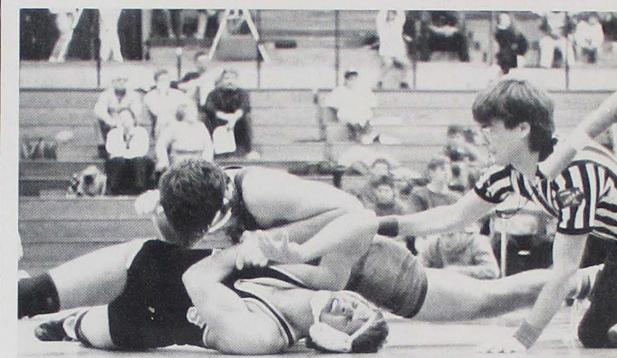
Z WINS, 3 losse	5
Opponent	AHS/Opp
Ames Invitational	4th
Newton	16-10
DM Roosevelt	9-28
WDM Valley	6-22
Mason City	18-30
Ankeny Invitational	6th
WDM Valley Invitational	3rd
DM Lincoln	20-6
Marshalltown Invitational	4th





Having his arm raised victoriously after a match with a WDM Valley wrestler, junior Cory Toomsen closes his eyes with fatigue and relief. Ames lost the meet 30-34. (Photo by Laura Zachary)

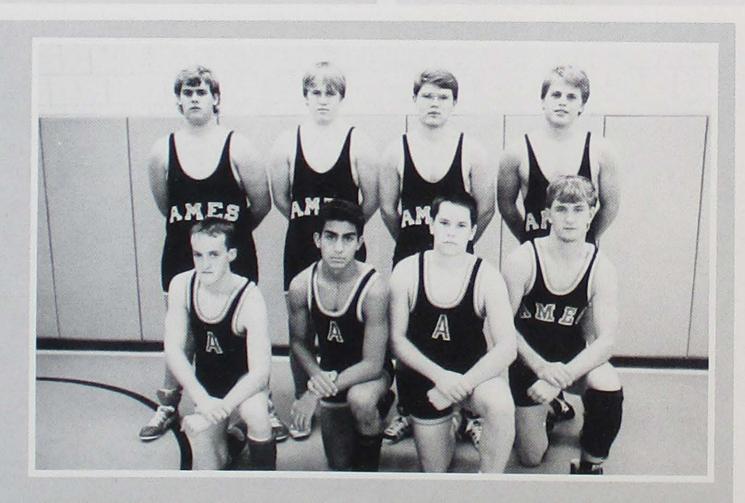
Straining, sophomore Chad Steenhoek tries to escape from his opponent's hold at the 9/10 Ames Invitational December 2. Ames placed fourth overall out of eight teams. (Photo by Laura Zachary)



JV Wrestling

6 wins, 4 losses

Opponent	AHS/Opp
lewton	36-24
)M Roosevelt	48-18
VDM Valley	30-34
Mason City	21-45
M Hoover	19-18
ioone	24- 6
Marshalltown	16-42
M Lincoln	30-41
VDM Dowling	27-19
arroll Kuemper	27- 0



Sophomore Wrestlers. Front Row: Chris Wineinger, Scott Belzer, Nathan Pelzer, Gus Carlson. Back Row: Jim Meadows, Scott Harris, Brian Anderson, Chad Steenhoek. Not Pictured: Andy Hagen.

The In Side

-Paul Clausius

I don't know why I went out for swimming. Temporary insanity I guess. But it is something I enjoyed.

Swimming is a silly sport actually. When temperatures were coldest, we weren't wearing clothes. We shaved our legs, went to early morning practices, and strained to get into suits five sizes too small.

Being a senior had advantages. We planned social events, like the Super Bowl party and takeovers of Godfather's after meets.

The swim team had less conformity than other sports. We had no team suits, caps or goggles, and we were definitely a team of individuals. Some examples were Kirk Foote's "load" suit, several guys' personally drawn art flippers, Mike Bryant's "Bad to the Bone" swim cap, Greg Sine's mohawk, Joe Nelson's microscopic meet suit, Dave Jurgens' ripped T-shirt, Tim Hentzel's cut-off sweat shorts, Dave Joensen's socks, Mark Robinson's sheep skin eskimo hat and Solomon Abel's sweater.

Many swimmers were known by nicknames like "B. F.," "Meccer," "F. M.," "Guppy," "Sweater," "Smokes" and "Alf" at meets.

As I look back at the season, several moments stand out like beating Hoover and Marshalltown, losing to Lincoln, goal 50's, Cedar Rapids Washington (enough said!), Dowling's pool and doing the wave, when North was rated second to last rather than last. time off, Hoover's cold pool, the scare from Ankeny, the good bus, the bad bus, Roosevelt's etiquette, and our green-for-a-day pool.

Last year we broke all yard records from the year before; this year we broke last season's records. I feel sorry for those who have years left. But, if it was easy, everyone would be here. Also, never, ever, under any circumstances, sell the farm.



Boys' Swimming and Diving

4 Wins, 5 Losses

AHS	Opp
Little Cyclone Invitational	5th
DM Roosevelt	55- 67
Bobcat Relays	3rd
Fort Dodge	71-101
WDM Valley	53-119
DM North	135- 35
DM Hoover	94-78
Dodger Invitational	7th
DM East	124- 35
DM Lincoln	84- 88
WDM Dowling	71-101
Ankeny	88- 81
Districts	5th
State	29th



Boys' Swimming and Diving. Front Row: Dave Jurgens, Dan Sailsbury, Devon Alexander, Quent Crowner. Second Row: Mgr. Hester Dean, Travis Senne, Brian Greving, Paul Clausius, Mgr. Angie Bruner, Chris Hampson. Third Row: Jim Krogmeier, Mgr. Heather Martin, Mark Robinson, Tom Friedric Matt Clark, Kirk Foote, Scott Sundstrom, Mgr. Angie Wittmer. Back Row: Solomon Abel, Mike Sakker Colin Brennan, Jay Clark, Burkhard Kaup, Wystan Benbow, Tim Hentzel, Brad Johnson, Joel Bigg Mike Bryant, Shawn Kleibenstine, Bryce Hill.

lock Victories

Swimmers made impressive personal improvements

-Sarah Ford

Picture a shark's head superimposed on a human body rippling with muscles. Four words printed beneath say, "Boys play, Men swim." Now imagine the swimmers slicing through the water, capturing another victory.

When swimming practice began in November, the team didn't know quite what to expect. There were seven returning seniors and only a few juniors with varsity experience. But as the season progressed, the team improved.

"We really pulled together in 1990; we came through with a lot of clutch performances when it really counted," senior Tom Friedrich said.

The team started off the new decade with three straight dual meet

Striving to improve his time in the butterfly, junior Devon Alexander lunges toward the wall during a time trial. Time trials were held frequently to select the varsity line-up. (Photo by Andy Scott) victories, including a 94-78 victory over DM Hoover.

Performances like this came after hours of intense practice. The team worked out daily from 3:15 to 5 p. m., and often swam before school. The number of yards swam each day depended on which races the swimmer was entered in. Freestylers often went over 2000 yards, while butterfliers worked on sprints.

"The practices seem really bad while you are swimming them, but when you look back after meets, you can see how much they helped you," sophomore Aaron Jones said.

The team not only came together in the water, they were also close out of the pool. After every meet, the team pulled off their speedos and headed for Godfather's.

"The team is a family in and out of the pool; we always try to get together after meets or sometime during the week to relax and have fun," senior Matt Clark said.

The team placed fifth at the district meet February 19. Five swimmers qualified for the state meet February 24 and 25 in Iowa City.

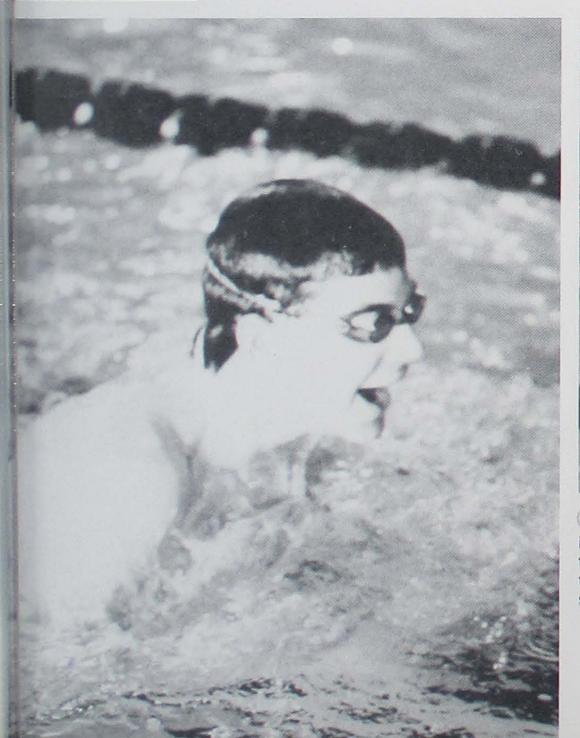
Although many swimmers didn't get a chance to swim at the state meet, at Districts there were 19 lifetime bests out of the 29 races.

"We had really worked hard in our practices and were really concentrated as we entered the state meet; I think this paid off," senior Paul Clausius said.

Even for those swimmers not going to State, the season wasn't over. They went back to the pool for a decathlon. The 13 swimmers swam each event to compete for the best all-around swimmer.

"We didn't look that great in the meets as a team, but all the personal improvements were phenomenal compared to our opponents," junior Mike Sakkers said.

By the end of the season, the boys who came to play had become men who swam and had accomplished a lot for themselves and the team.





Coming up for air during an early morning work-out, junior Scott Gunnerson strains to beat the clock. The swimmers practiced three to four hours a day before and after school. (Photo by Andy Scott)

Preparing for an upcoming meet, senior Kirk Foote practices his freestyle stroke. Each lane of swimmers had their own workout, from swimming long distances to short sprints. (Photo by Andy Scott)

ifting Spirits

Novelty and unordinary replace tradition

-Beth Fatland

One could use a variety of words to describe the fall and winter varsity cheersquads' seasons: new, modern and untraditional.

During the fall season, one noticeable change was the addition of three males to the cheer squad.

"I think the guy yell leaders were a good idea because of the male factor involved. They got the crowds more involved and pepped up," senior Nicole Devens said.

Seniors Kirk Foote, Frank Genalo and Kirk Thompson were the three chosen to fill the spots.

"It was fun cheering on the team in front of everybody; it was a great way to express my school spirit," Foote said.

Seven new spirit builders were added during the winter season to support the hockey team.

"The guys on the team were really great. We rooted for them, and they rooted for us," freshman Eva Andrew said.

Homecoming, usually a week wrought with tradition, was filled with novelty for the cheerleaders.

Paper buttons and cheering in the halls and over the intercom were different ways to lift spirit.

"This year we did a whole lot of different things to improve school spirit. We made the buttons and passed them out. The effort showed up in the mood at the games," senior Tara Hensley said.

To improve the team spirit, the cheerleaders had secret players.

"Before each home game, we would give the football players little notes and something to eat to pep them up. At the banquet we told them who their secret cheerleaders were. I think they appreciated it," junior Kristina Smith said.

Besides the addition of hockey cheerleaders, changes in the winter season weren't as evident. Previously two squads that alternated cheering between different sports. The difference was that the two groups stuck with designated sports.

"Last year we went to everything. It was almost impossible to have practice since there was always an event scheduled. With two separate squads, it's on a more personal level. A lot more attention was given to each individual athlete," senior Shannon Fultz said.

Along with being beneficial to the players, it also helped the cheerleaders' performance.

"I was really stressed out. With all the sports, I couldn't have put my heart into every game," Smith said.

Because of the additions and changes in activities, the cheerleaders were able to fulfill their goal to give more support to AHS.

"We haven't gotten as much flack as before. Everyone seemed to respond more positively; we raised school spirit," Fultz said.

While cheering on the Little Cyclones, senior cheerleader Nicole Devens tries to raise the excitement of the crowd at the varsity boys' basketball game against Ankeny January 6. Despite their efforts, Ames lost the game. (Photo by Andy Scott)

During the fifties assembly, senior Tara Hensley and junior Krista Handeland energize the crowd before the Little Cyclone's battle for the boys' Metro basketball title February 2. Ames defeated DM North, 77-73. (Photo by Andy Scott)



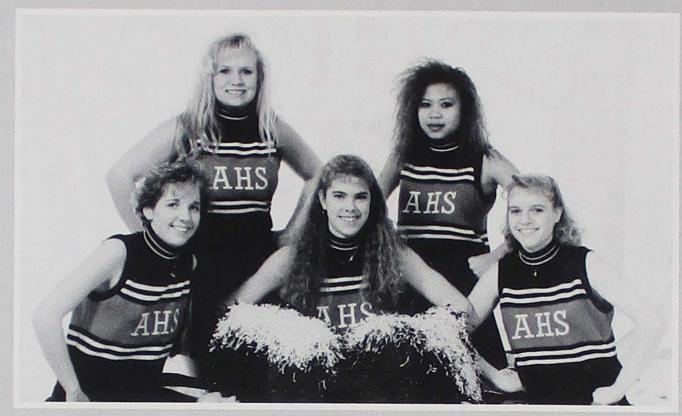
Ames Hockey Cheerleaders. Front Row: Angie Moore, Hillary Firestone, Audra Woodin. Back Row: Eva Andrew, Leda Cole, Zoe Lasche-Russell. Not Pictured: Lisa Wharton.







Fall Varsity Cheerleaders. Front Row: Stephanie Davis, Stephanie Graves, Tara Hensley, Chantel Jordan, Krista Allen, Jayna Jarnagin. Back Row: Staci Kepley, Kimberly Oldehoeft, Kristina Smith, Melyssa Thomas, Nicki Praty, Andee Moore.



Varsity Wrestling Cheerleaders. Front Row: Andrea Powell, Tara Hensley, Kari Konechne. Back Row: Krista Handeland, Tata Rattanavongsa.



Varsity Basketball Cheerleaders. Front Row: Kristina Smith, Krista Allen, Chantel Jordan. Second Row: Tami Burnham, Shannon Fultz, Stephanie Graves, Nicole Devens. Back Row: Sheri Goshorn, Dawn Newhouse, Kimberly Oldehoeft, Lisa Moore, Ann Kihl.



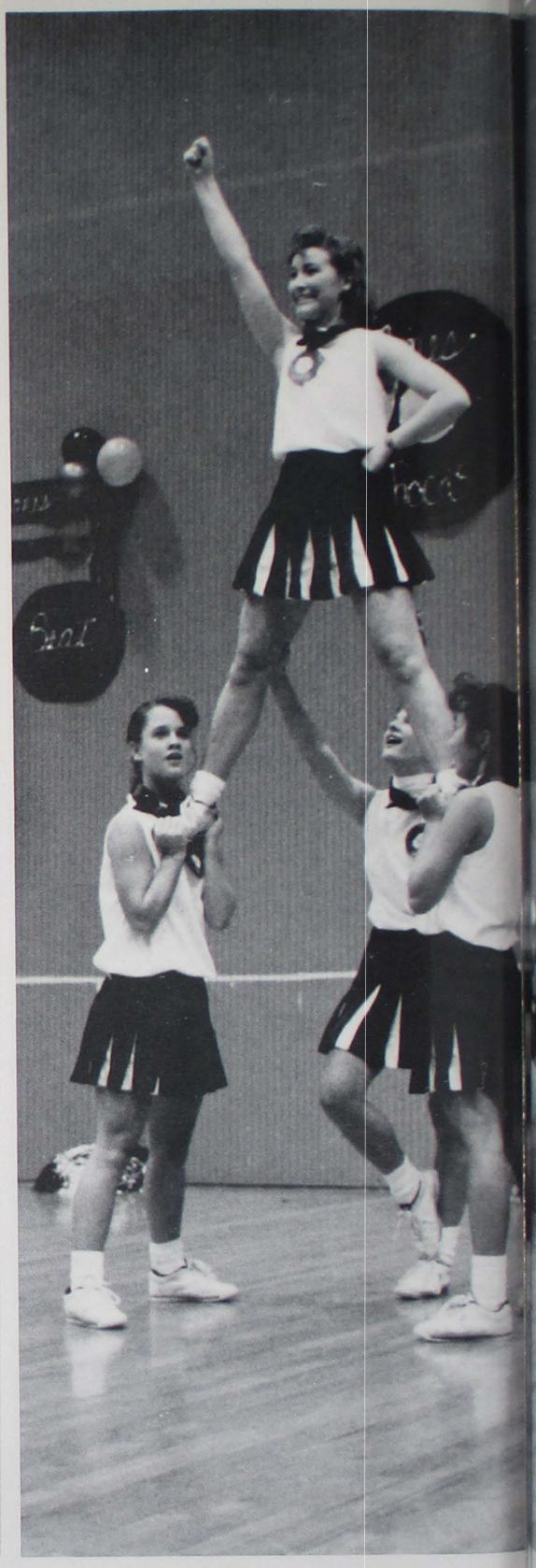
Freshman Fall Cheerleaders. Front Row: Molly Neal, Tami Johnson, Jennifer Shierholz. Second Row: Sheryl Smith, Leigh Ann Powell, Lexa Curtis. Back Row: Susie Rogers, Kim Windom.



Sophomore Fall Cheerleaders. Front Row: Krista Olson, Juli Nordyke, Renee Ripp, Stef Seiler. Back Row: Elaine Powell, Amy Carey, Kelly Craig, Betsy Neibergall.



Freshman Winter Cheerleaders. Front Row: Anissa Umbaugh, Susie Rogers. Second Row: Sheryl Smith, Jennifer Shierholz, Tami Johnson. Third row: Kim Windom, Diana VanderSchaaf. Back Row: Irish Boston.



5

pirit Boosters

Cheerleaders found good friends and good times

-Tia Nemitz

Like any other extra-curricular sport, cheerleading offered an opportunity to develop friendships and responsibility, but cheerleaders often ran across negativity during the season. But they overcame it through unity and their desire to have fun.

"I feel like I have met a lot of leaders. people through cheerleading, not only upperclassmen, but sophomores and freshmen, because we work together. It's a closeness you develop with the other members," the rest sophomore Betsy Neibergall said.

"We don't really hang around with each other in school, but at

Pepping up the crowd, sophomores Val Wilcox, Betsy Neibergall, Michelle Peters and Krista Olson execute a stunt. The cheerleaders went all the way back to the 1950's for the Febuary 2 school assembly. (Photo by Andy Scott)

During the DM North football game, freshman Leigh Ann Powell displays her spirit. Cheerleading practices consisting of aerobics and jumps helped prepare the cheerleaders for such acrobatics. (Photo by Staci Dooley)

make a whole new set of friends," sophomore Marcy DeJoode said.

Not only were new friendships made, there was a great deal of responsibility involved in cheerleading. Although sponsor Diane Wilson was in charge, the majority of work and planning was done by the cheerleaders.

"It's a lot of work. As captains we have to plan cheers and activities for assemblies, organize practices, paint posters and act as leaders for the rest of the squad," freshman Jennifer Shierholz said.

"Cheerleading keeps me so busy that I always have something to do; that's what makes it exciting and fun. It's a challenge," sophomore Krista Olson said.

Despite the hard work involved, some cheerleaders felt they weren't taken seriously. Whether it was by the crowds or because of criticism received in the halls and classrooms, cheerleaders sensed it.

"We don't get all the recognition we deserve, and it's discouraging, but I guess I expected it. I went out to have fun anyway. I liked meeting new people and going to all the games, whether the crowds cheered with us or not," freshman Kim Windom said.

First time cheerleaders looked forward to the season, yet many felt disappointed at the end. Their expectations, either as eighth graders or freshmen, didn't turn out to be all they had hoped for.

"I thought it would be a lot of fun. The practices were okay, but the games weren't. There doesn't seem to be much respect or support from either the crowd or teams we're cheering for," sophomore Michelle Peters said.

"A lot of people look at cheerleading not as a sport. We work hard despite what people say. It's hard to put out so much effort when it's not appreciated," freshman Sheryl Smith said.

Despite the discouraging reaction from some peers, the cheer-leaders continued to make lasting relationships, gain a sense of responsibility and have a good time.





Sophomore Winter Cheerleaders. Front Row: Michelle Peters, Krista Olson. Second Row: Val Wilcox, Alison Sams, Betsy Neibergall, Marcy DeJoode. Back Row: Joleen Hatfield, Lisa Miller, Sonya Fox.

orce on lce

Hockey team handled its opposition

-Sarah Ford

For most students, the beginning of the hockey season was a chance to scream at opponents, drink hot chocolate and generally be obnoxious. But for the 17 members of the hockey team, the season had a lot more importance.

"We didn't know what to expect at the start of the season because we had a new head coach and only two seniors," sophomore Chris Winkler said.

The team began practice the first week of November and with shorter practice times, they knew they had to work extra hard whenever they hit the ice.

"We could only practice three or four days a week because ice time was expensive. So whenever we played, we were all doing our best," junior Jaime Ogbourne said.

During the first part of the season, however, the Little Cyclones best wasn't good enough. But, led

by seniors Geoff Will and Zach said. Vegge, the team pulled together.

"Most of the teams we faced we could play with, but we weren't working as a team, and it wasn't until after break that we started winning," sophomore Phil Greenfield said.

To win, team members found themselves making eight hour road trips to meet their opponents. Because hockey wasn't a schoolsponsored sport, the team belonged to the Iowa High School Hockey League (IHSHL) and played teams from all over the midwest.

Their regular season ended with a 7-13 record in the league. Highlights included beating the number one team in Iowa, Valley/ Dowling.

"We really wanted to beat them, especially Zach Vegge and I because they'd beaten us for the last three years, and we knew this would be our last chance to face them," Will

Going into the state tournament, the team hoped for a good finish, but it was the first state tournament for many of the younger players and nerves got the best of them. The team ended in eighth place, and although disappointed, they were happy with their improvements over the year.

"We improved a lot from last year, and we had a young team this year, so I'm really happy with the way we ended up," Vegge said.

While the final record had more losses than wins, the team proved to themselves and their fans that they were a force to be dealt with.

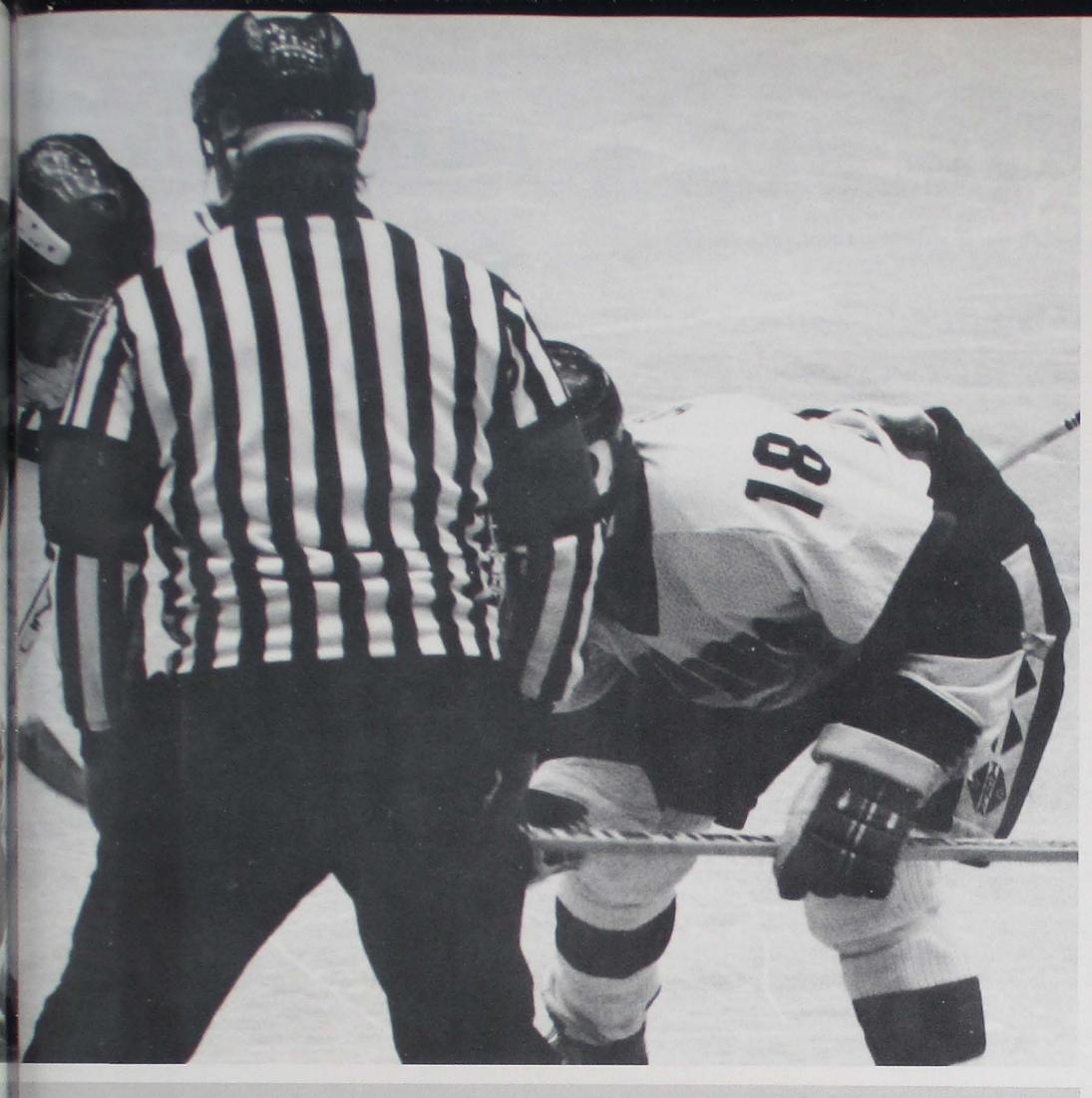
Preparing to start the game against Mason City, freshman Darrin Hagberg from Gilbert faces off against his opponent. The Little Cyclones lost the game and ended up with a 7-13 record. (Photo by Andy Scott)



Taking a shot on goal, AJ Sanders tries to catch the goalie out of position in a game against Mason City. Sanders was one of many players from out of town who suited up with the Little Cyclones. (Photo by Andy Scott)

Fighting for position, sophomore Brian Wierson gets checked by an opponent during a game against Mason City. This was the only game the Little Cyclones played on the ice inside Hilton Coliseum. (Photo by Andy Scott)







ockey. Front Row: Phil Greenfield, Chris Winkler. Second Row: Darrin Hagberg, Chuck chweikert, Frank Klaus, Brian Wierson, Fred VanBergen, Jaime Ogbourne, Bob Parr, Brian arks. Back Row: Derek Hagberg, Zach Vegge, Jay Greenfield, A. J. Sanders, Assistant Coach ick McHone, Assistant Coach Rusty Moore, Head Coach Jim VanBergen, Brody Linder, Todd terling, Toby Hanley, Geoff Will.

Hockey

7 wins, 13 losses

Opponent Waterloo Columbus	AHS/ Opp 3-9
Sioux City	5-8
Waterloo	3-11
Mason City	6-1
Waterloo Columbus	1-12
Omaha	4-7
Mason City	4-3
Urbandale	3-9
Omaha	1-6
Urbandale	2-1
Valley/Dowling	2-11
Waterloo	1-6
Dubuque	4-2
Dubuque	1-6
Mason City	8-2
Waterloo Columbus	3-11
Waterloo	2-8
Valley/Dowling	3-2
Dubuque	7-2
Sioux City	1-8
State	8th

The In Side

-Chris Winkler

The 1989-90 Little Cyclone hockey team had a young team made up of two returning seniors, five juniors and 10 sophomores. But we improved and succeeded through a lot of hard work and team work.

Geoff Will and Zach Vegge provided the leader-ship that we needed to pull us through our season. And, in spite of a good effort, we ended up with a 7-13 record, and fourth place in the Eastern Division.

We played a lot of tough competition. Besides the regular league games, we played in the Midget Division and hosted the Ames Invitational Midget Tournament. We won three out of four games and took second place. We also travelled to La Crosse, Wisconsin, where we placed third.

Following Christmas break, the team got back on track and we beat Western Division leader DM Valley/Dowling in overtime on a break away goal by sophomore Brian Wierson. It was a great team effort and one of the highlights of our season.

We would like to pay a special tribute to the seniors. They were great this year and we'll miss them a lot next season. Geoff, Zach and Brody Linder were selected to play on an All-Star hockey team in Kansas City. Geoff was also named to the All-Tournament Team at the state hockey tournament, which was held in Waterloo. Because of this, he earned a spot in the Chicago Showcase, a tournament for the best high school hockey players all over the country.

Jaime Ogbourne, Phil Greenfield, and Aaron Sanders were also awarded academic honors at the state tournament.

Thanks to all our parents, and the awesome fans who supported us. You were great and really helped us get psyched up for our games.

Oportsmanship

Little Cyclones found attitude the scoring point

-Becky Dill

In order to be a good tennis player you need to be quick, agile, coordinated and a good sport. The girls' tennis team learned the importance of those skills - especially being a good sport.

Sportsmanship was often the key to victories for the tennis team. And one player found the sportsmanship through most of the Metro commendable.

"The sportsmanship we received from other teams this year I thought was fine. It's important to have good sportsmanship when playing in any sport so you don't feel cheated when you are playing against other people," freshman Ann Moore said.

Unfortunately, not all Metro teams considered good sports-manship an important factor in the game.

"When Ames played Roosevelt it was a really rough game. The players would argue with the calls and ask for a line judge almost every time. The opposing team's coaches and fans would also yell at us. It was really a tense situation to play under," junior Brandee Griffin said.

Another player also found it tough to play under those conditions, which could have contributed to their 6-5 loss to the Roughriders.

"We played at Roosevelt and even their fans would yell at us. They would cheer whenever Ames would hit a ball out of the lines and whenever a penalty was called against us. It was really hard to concentrate and play and the same time," sophomore Carrie Booms said.

Unlike professional tennis, players were not fined for unsportsmanlike conduct, but a stiff reprimand from the coach was often just as effective.

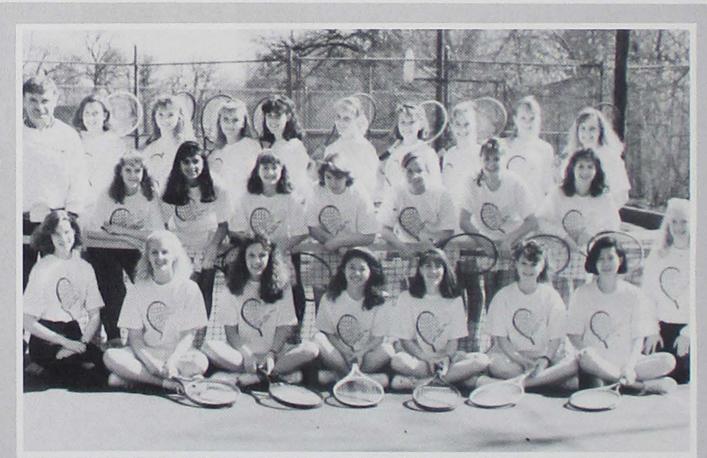
"I was really starting to get mad at myself during my game. I got so upset I threw my racquet on the ground. The coach came over and told me that was not the way to behave during a match. I really felt bad about my behavior," freshman Dana Patterson said.

Despite the behavior of their opponents, the Little Cyclones finished with a 12-1 record. They were also Metro champions for the third straight year. They went on to capture first place at Sectionals, and sent the doubles team of Brandee Griffin and Jessica McKee to State.

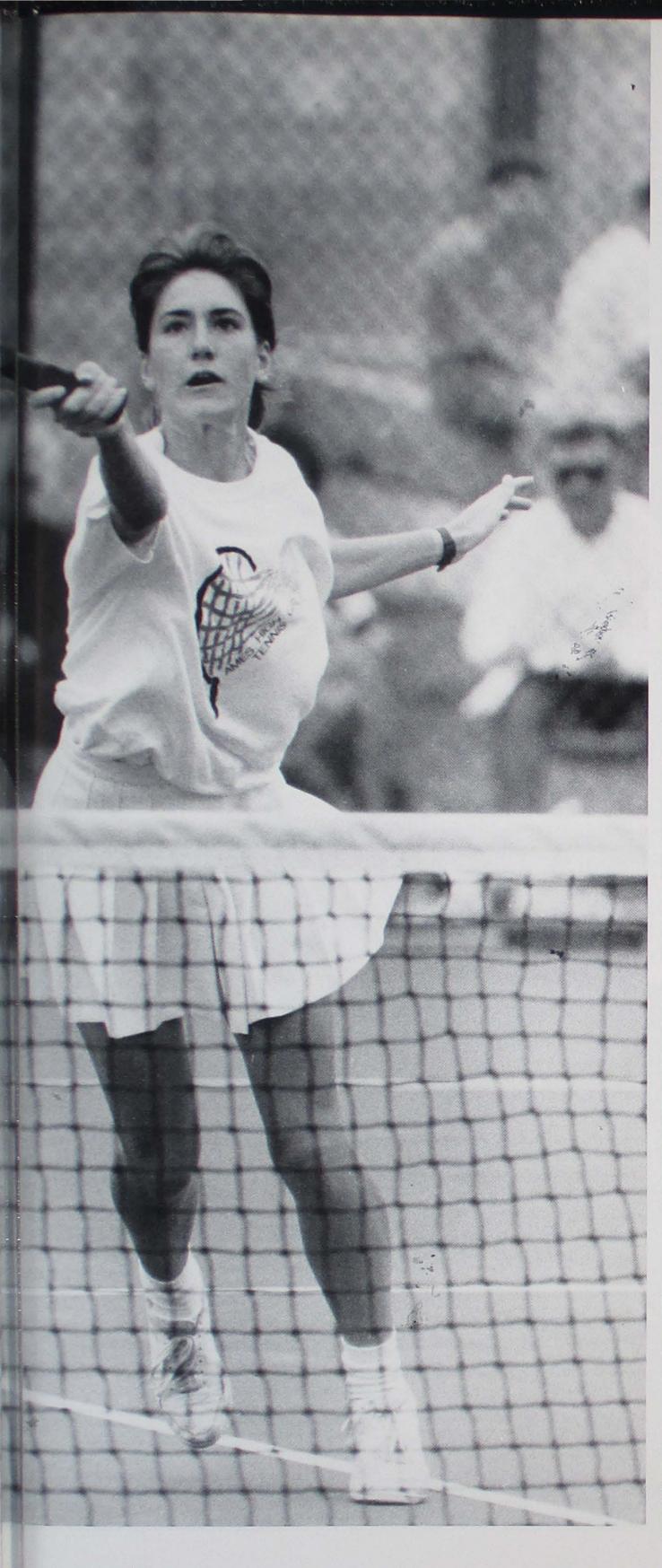
"This year's team was really close. Everyone was just excellent dealing with sportsmanship. We went up against some teams who were really rude, but we maintained our class and composure and really looked like the great team we were," senior manager Theresa Yaney said.

Girls' Tennis

Opponent	AHS-Opp
DM Christian	7-5
North Polk	26-0
DM East	11-0
Marshalltown	8-1
Fort Dodge	9-0
Sioux City Heelen	8-1
Ankeny	11-0
WDM Valley	6-5
Marshalltown	11-0
DM North	9-2
Boone	11-0
DM Roosevelt	5-6
Boone	19-3
DM Hoover	11-0
WDM Dowling	6-2
DM Lincoln	9-2
Sectionals	1st
Metro Champions	
Sectional Champions	



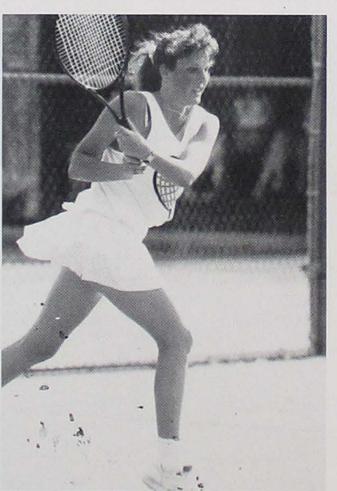
Girls' Tennis. Front Row: Andrienne Van Der Valk, Heidi Shierholz, Brandee Griffin, Judy Pang, Jessica McKee, Michelle Rayons, Christine Chen, Manager Theresa Yaney. Second Row: Coach Len Theide, Melani McCracken, Anjali Gupta, Jody McKee, Anna Van Duesen, Ann Moore, Krista Olson, Mindy Jones. Back Row: Carrie Booms, Keri Daddow, Jennifer Shierholz, Jeanne Sunstrom, Kelly Hawley, Dana Patterson, Lexa Curtis, Laura Larson, Emily Olson.



Rushing the net at the State Doubles Tournament, junior Jessica McKee taps the ball over, gaining a point for her and her partner Brandee Griffin. The tournament was held June 2 at Birdland Park in Des Moines. (Photo courtesy of The Daily Tribune)

Donning her shades during a sunny, warm practice, freshman Jody McKee practices her back hand. The Little Cyclones practiced after school every day and some weekends to perfect their skills. (Photo by Andy Scott)





After slamming the ball with her backhand, junior Brandee Griffin prepares for her opponent's return. Griffin, on occasion, was ranked the top player on the team and was also a returning letter winner from the previous year. (Photo by Andy Scott)



-Heidi Shierholz

I remember practice as an underclassman, running tentatively behind the seniors who joked around as we took our warmup laps. I wanted to run faster and maybe rack up some points with the coach, but the older girls were definitely too scary to pass, so I stayed behind, managing to occasionally break a walking stride with some sort of jog.

So, accordingly, when our first practice rolled around this year, I prepared to take my place as one of the leaders of this somewhat unorthodox, but really quite pleasant, fastwalking warmup style.

After the word from the coach, Brandee Griffin and I headed out, trying to decide who at school had the best tan after spring break. But our lazy conversation was soon interrupted by loud, closerange sounds, not unlike the Doppler effect, followed by streaks of bright light. We disregarded them as a problem in the electrical system, and proceeded with our conversation and our warmup.

But when we finished, we found that we were not the first; there were a bunch of freshmen already standing around. Hey, how'd they get past us? And that was when we realized that upperclassmen could no longer get by on just being scary. There was a lot of new talent on our team with a never-before-seen attitude on the girls' tennis circuit of I-want-to-bagel-everybody.

It didn't take long for that attitude to catch on, and although it greatly increased intrasquad competition, soon we were using it happily and successfully against our opponents. But there is still one score to settle. Even though I won't be playing next year, I will be there on the sidelines to see Debbie and her Roughriders too scared to say anything.

The

-Eric Huang

With only three returning letter winners able to play throughout the season, this team wasn't expected to do much of anything. But with the help of several surprises, we managed to capture a share of that elusive Metro Conference title and another shot at a state championship. How did this happen? I'll cite some important details that just might have helped get us there.

From the start of the season we decided to stay healthy. In cold weather we stretched out and didn't strain ourselves, being conscientious about rotator cup injuries (those three words strike terror into any tennis player's heart). In addition to this, we improved our quickness, endurance and technique. I know that I wanted to break out the old jump ropes again, but we didn't want to be too ambitious.

Tennis has a very short season, so there is not much time to improve during practices. Our dedication showed in our off-season preparation. I personally know of three people who actually played in tournaments last summer. Hats off to you guys!

This year brought us a new coach and something we've never seen before: assistant coaches. If there was one person that really rounded out our team, it was Super Carlos. He was there to support us and always had words of wisdom and encouragement.

Finally, with the advent of the motivating (and immature) Star Chart, many decided to 'shoot for the stars' and succeeded.

These little differences gave us the success that we wanted. If we were lacking in one area, we made up for it in another. One thing I can say about the tennis team is, although we were young, we worked hard, ended up with a great record, and pulled a few surprises along the way.

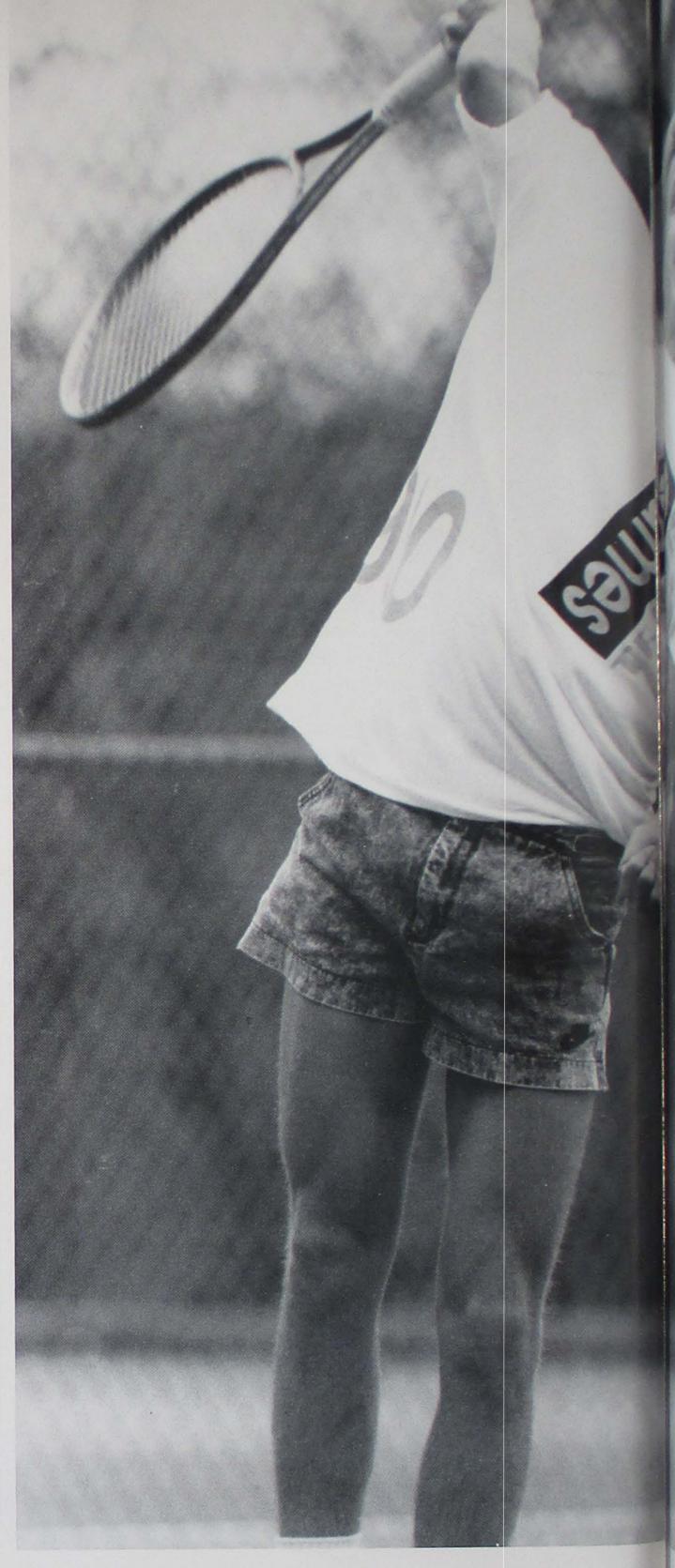
Reaching toward the ball, junior Tod Berkey smashes his serve across the net to his Boone opponent. The Little Cyclones won their first home meet at Brookside Park by a score of 9-0. (Photo by Andy Scott)

Putting forth an all-out effort, junior Sam Johnston grimaces after using his forehand against his WDM Dowling opponent. Despite his effort, the Little Cyclones lost the meet 5-6. (Photo by Andy Scott)





Concentrating on perfecting his backhand return, junior Bob Black prepares to hit the ball during a 3:00 practice at Emma Mc-Carthy Lee Park. Black played number three singles for the team. (Photo by Andy Scott)





tarring Role

Boys' tennis team reached new heights

-Sarah Ford

"Reach for the stars" was the motto for the boys' tennis team. But this wasn't just any inspirational message. To the team, a star meant fun practices and nailing each other with tennis balls.

"When the star chart went up, we were all aiming at everyone else. If they were acting like jerks, we starred them. It got to a point where it was starred or be starred," junior Brian Hostetter said.

But before the star charts, tryouts were held in March and 39 people tried out for 18 spots. So practice began in earnest.

"Tennis practice is fun, we work hard, but we also get a chance to play challenge matches to reach a higher seed. Plus we get an opportunity to get more notches to our credit," junior Jason Hansen said.

After losing five seniors due to

graduation, there was plenty of space for the younger players to move up.

"We were nervous at first because we'd lost all those players, and our top player, Dan Wilson, had broken a leg, so we weren't sure what to expect," junior Erik Smedal said.

Nerves however, weren't a factor until the team lost to WDM Dowling at Brookside Park on May 22. This tied them with Dowling and WDM Valley for the Metro title. Their next step was the district meet held in Ankeny, where they were victorious.

Besides a team victory, junior Tod Berkey moved on in singles while Black and junior Vaseem Baig moved on in doubles play.

Their next opponent came May 19 at the sub-state contest in Sioux City. There, they faced Council Bluffs Jefferson, and WDM Valley. The team once again defeated its competition and advanced Berkey, Baig, and Black to State.

The team finished fourth at State and individually, Berkey placed fifth overall. Even though the team didn't achieve the title they wanted, they were pleased with the season in general.

"We all worked hard together to reach this point. With Coach (Bob) Gibbons as a first year coach, we weren't sure what to expect. But he has been very supportive on and off the court and made us want to win," senior Dhiren Narotam said.

Whether it was playing against the toughest teams in the state or nailing each other on the courts of McCarthy Lee, the Ames High tennis team found that reaching for the stars wasn't just a dream.

Boys' Varsity Tennis

10 wins, 1 loss

Opponent	AHS/Opp
C. R. Jefferson	8-1
C. R. Kennedy	5-4
Boone	9-0
DM East	11-0
Marshalltown	6-5
WDM Valley	6-5
DM Hoover	8-3
DM Lincoln	10-1
DM Roosevelt	9-2
DM North	10-1
WDM Dowling	5-6
WDM Valley (Substate)	6-3
State	4th



Boys' Tennis. Front Row: Bob Black, Vaseem Baig, Tod Berkey, Jason Hansen, Dhiren Narotam, Marc Wehner. Second Row: Jamie Lang, Eric Huang, Ryan Carver, Sam Johnston, John Tannehill, Nilesh Narotam. Back Row: Assistant Coach Tony Cook, Brian Hostetter, Scott Sundstrom, Erik Smedal, Dan Wilson, Morris Liao, Head Coach Bob Gibbons. Not pictured: Scott Larson.

ushed Forward

In-team rivalries steered runners toward success

-Solevie Whites

A team of individuals. Many sports teams make that claim. In most cases, those individuals work together to form a strong, united squad. But because of the size of the Ames High's girls' track team, the struggle was to be an individual and not just another body on the track.

When practice began in Febru-said. ary, over 100 girls were lacing up their shoes. Practices and meets brought rivalries to the large team, but the competitiveness didn't tear it apart. The 11 seniors made a conscious effort to unite all the runners.

"We thought we needed to get some unity on the team, to boost team spirit. With over 100 people out for track, having days when we'd all dress the same, like monochromatic day, was a good way to get people together and have some fun," senior Jenny Stott said.

had found their niche on the team. For some, it meant varsity races, but others competed on the junior varsity, sophomore or freshman level. This wasn't always a downer though,

"The coaches put a lot more pressure on the varsity runners than they did on us. It let us have more fun," sophomore Tara Carmean

The varsity runners demonstrated how the inter-squad rivalries helped them throughout the season as they cruised to an 11-0 regular season record.

"We helped each other along helping when we needed to, but most of the time pushing each other to do our best," junior Jolyn Brakke said.

Through experience, the members of the team learned they had more to compete with than each other. DM Roosevelt was expected to By mid-season, most runners give the runners stiff competition at

the Metro meet, but Ames easily won its fourth straight title, the most in conference history.

By State, the original squad had been whittled down to only those runners who had qualified to compete in the May 18 and 19 meet. Most Ames runners clocked their fastest time of the season.

"I think the atmosphere in Drake Stadium and running in front of 10 times as many fans scares you so you run fast," freshman Erin Block said.

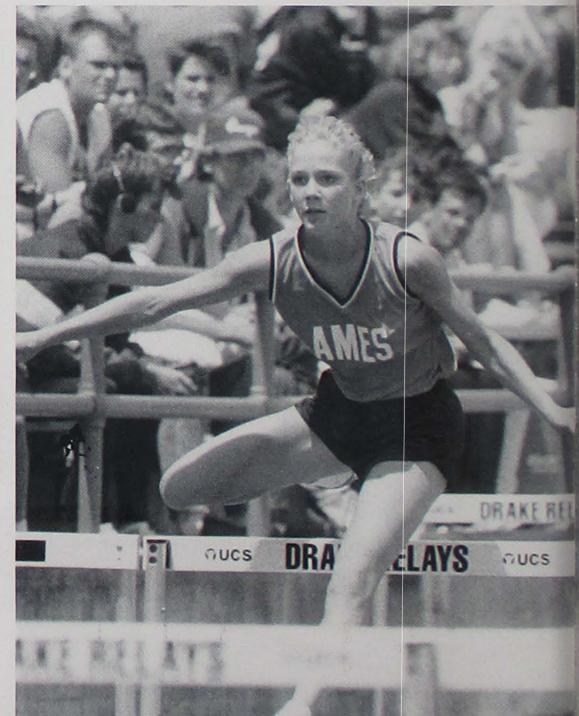
Unfortunately, those efforts weren't enough to stop Bettendorf, who won by more than 20 points. The girls came home with a third place finish knowing they ran their hardest, spurred on by themselves and the people around them.

A good race begins with a good start. Senior Lia Pierson explodes out of the blocks at the district meet, held at the Ames High track. The Little Cyclones won the May 7 meet. (Photo courtesy of The Daily Tribune)



Sprinting their way toward the finish line in the 100 meter dash are freshman Serra Sermet and sophomore Joanna Pelz. The Little Cyclones large team had a host of talented sprinters. (Photo by Andy Scott)

Helping her team to its fourth consecutive Metro title, sophomore Chrissy Spike runs in the 100 meter hurdles. She was one of many underclassmen that filled varsity spots. (Photo courtesy of the Daily Tribune)







Andrews. Second Row: A. Loutzenhizer, A. Gardner, K. Heiberger, S. Smith, A. Wagner, K. Posegate, S. LeBrun, H. Parks, Koppes, M. Hoveter, L. Powell, J. Weiss, K. Peters, A. Carey, K. Randles, G. Montgomery, E. Block, T. Franco, R. Ripp, Andrews. Second Row: J. Brakke, T. Carmean, S. Salvo, A. Leavings, S. Sermet, S. Curran, A. Terpstra, R. Lutz, A. Moore, Brown, E. Kim, A. Bartine, K. Hsu, T. Henderson, A. Cheville, J. Bernard, J. Stott, S. Alt, M. Lloyd. Third Row: Mgr. A. Cline, Jr. W. Stevenson, N. Williams, K. Biechler, J. Remsburg, A. Campbell, Assistant Coach J. Bicksler, Trainer S. Baer, Assistant ach L. Middleton, Head Coach J. Duea, Assistant Coach K. Schmaltz, Assistant Coach R. Ballantine, Assistant Coach W. Non, Assistant Coach L. Sletten, K. Langston, I. Boston, S. Ellmaker, K. Brown, K. Halliburton, Mgr. D. Newhouse. Fourth W. T. Hulsey, C. Briley, D. Dean, K. James, B. Rieck, C. Fisher, S. Hunger, J. Stiles, R. Faltonson, C. Hunt, J. Brakke, C. ike, S. Seiler, J. Pugh, C. Heuss, E. Helmuth, C. Willard, K. Oldehoeft, T. Burnham. Fifth Row: M. Miller, J. Nordyke, L. Pierson, Whigham, M. Yungclas, L. Uhlenhopp, N. Chowdery, D. Hunter, B. Carlson, L. Ford, E. Andrews, J. Ballantine, T. Carmean, Hertz, K. Barnhart, D. Ricketts, D. Dubansky, B. Muller, N. Paul. Last Row: A. McJimsey, B. Riecker, P. Čarlson, T. Weiss, Nilsen, T. Hensley, S. Dau, S. Taylor, S. Grundmann, S. Cook, J. Pelz, S. Day, J. Folkmann, E. Baer, A. Doyle, C. Canow, Marty, R. Lueth, K. Melvin.

Girls' Varsity Track

11 First Place Finishes

AHS	Place
State Indoor	1st
Ames Indoor	1st
Federation Meet	1st
Dickinson Invite	1st
Newton Invite	1st
Cedar Rapids Invite	1st
Urbandale Invite	1st
Marshalltown	1st
Little Cyclone Invite	1st
Dodger Invite	1st
Metro Conference Meet	1st
State Meet	3rd



-Tami Carmean

"Hey, Lia, what's Friday going to be this week?" I asked.

"How about Clash Day?" she replied.

And so began the tradition of Lia's orange scarf and Friday dress-up days.

In an effort to unite the 109 girls out for track, Lia designated every Friday a dress-up day. They ranged from clash day to hippie day, from monochromatic day to Hawaiian day, and the day before the state meet, spirit day.

Each week, the orange scarf became an integral part of Lia's costume. Throughout the season, it posed as a headband, a turban and a belt.

Although many of us forgot to dress up a time or two, Lia and Jenny were by far the most dedicated and participated every week.

Tara also contributed to the handful of traditions we upheld. En route to a track meet early in the season, she discarded a banana on top of the bus, right outside of the skylight. On every bus trip after, the team checked out the banana. Surprisingly, it stayed there for almost a month.

Serra also became a tradition in her own right. The girl could babble for the whole bus ride, no matter how close or far the meet was. And, in an answer to your question, Serra: Yes, you are annoying. But not nearly as annoying as the hair on your soap.

There is one more thing I would like to mention. It's not another tradition, but I feel that it needs to be addressed. On behalf of the team, I would like to publicly express our sympathy to my father who spent one long afternoon on a brick wall in Indianola.

P.S. Janel, track season is over. Do you know where Yo! Bunny is?

The In Side

-Brian Campbell

So many memories are locked into every track season. So many traditions are carried on. So many friendships are made.

The memories began piling up long before the vision of a fifth state championship came to our minds. Remember that windy day when little Jeffrey Dale jumped 6' 4" after having two misses at 5' 6"? Remember Stu Penney blazing around the Ankeny track, leading off the 4x100? My most vivid memory is riding home with Sletten after I ran rather poorly in the 3200 at State. Memories, we all have them, and that is the part of track which we will keep with us forever.

The winning tradition was carried on yet another year - not only by the varsity, but by the entire team. Our only loss came in a sophomore meet which was lost by a mere two points. The tradition of initiation was cut to a minimum, however that of the road runs was enforced with extra vigor. (Even D. Bergan missed a mile or two.) The tradition of littering Sletten's yard with bathroom materials after winning State was carried on. But he also held up his tradition by waking up, getting mad, then opening his window and yelling at Beaudry for about five minutes. Ah, what fun!

The most important thing which keeps the memories and the traditions running are the friendships. Any person of sound mind won't go run laps around a track by himself day after day. The thing which draws us back each day is the knowledge that our best friends will be there too. Track has blessed many with lifelong friendships.

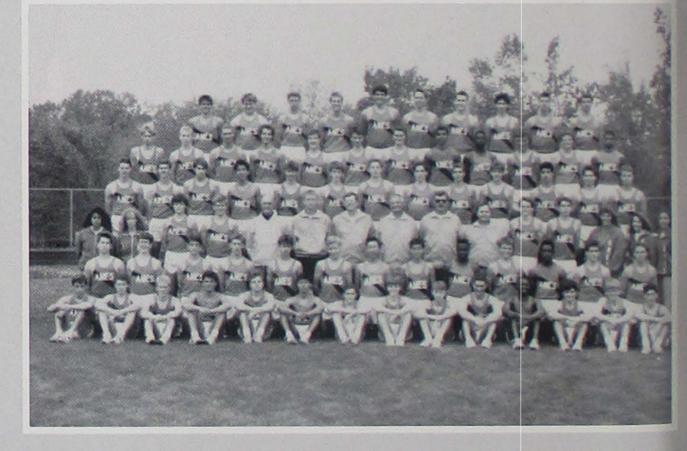
As the seasons roll around, the faces of the team will change. But the new will replace the old with the same vigor, determination and pride that the AHS track tradition has grown around over the years.



Boys' Track

12 First Places

Meet	Place
Warrior Indoor	1st
Ames-Mason City Dual	1st
Dickinson Relays	1st
Ames-Ankeny Dual	1st
Hi Covey Relays	1st
Early Bird Invite	1st
Bobcat Relays	1st
AMA Classic	1st
Hawk Relays	1st
Valley Relays	1st
Metro Conference	1st
State 4A	1st



Boys' Track. Front Row: C. Kinart, J. Biggs, S. Gabrielson, K. Holder, S. Whiteford, K. Frette, R. Carey, B. Ford, M. Johnson, J. Murphy, F. Muyengwa, M. Willard, J. Nelson, S. Shapiro. Second Row: N. Pelzer, M. Fashbaugh, D. Bergan, N. Block, M. Abbott, G. Applequist, S. Bakker, G. Lund, D. Lawson, M. Bergan, C. Hawkins, S. Wuhs, G. Garn. Third Row: Manager F. Ramsey, Manager A. Giltey, A. Lemkuhl, C. Nelson, Coach W. Schloerke, Coach J. Bachman, Coach C. Pelzer, Coach J. Sletten, Coach J. Amfahr, Coach B. Logston, G. Willey, C. Dieter, Manager M. Sweet, Manager T. Kruse, Manager H. Callison, Fourth Row: G. Anderson, J. Good, A. Readhead, J. Ramsey, A. Murdoch, E. Martin, M. Maehner, C. Brennan, M. Milleman, S. Kliebenstein, S. Edelson, M. Bryant, C. Salisbury, Fifth Row: M. Anderson, S. Anderson, B. Campbell, S. Beaudry, J. Dale, J. Pease, J. Barnett, M. Lippman, T. Muyengwa, K. Lawlor, D. Hawn, A. Clinton, Back Row: K. Thompson, S. Penney, A. Garn, N. Koch, B. Krausman, B. Geise, C. MacGillivray, P. Loutzenhiser, T. Joensen, G. Dolphin.

Derun Time

Track team captures State fifth year in a row

-Jennie Jones

"You guys have a lot to live up to," said head coach John Sletten on the first day of track. Living up to four consecutive state titles is tough, but the end of the last race of the season found them at number one in the state again.

That many consecutive wins can't be attributed to luck. A team that does well year after year usually has a strong base from which it builds.

"There is a lot of continuity in the track program here. For example, there have only been three coaches since 1945 and one of those was for just three years. Also, the uniform has stayed basically the same since 1950. That in itself is indicative of tradition," Sletten said.

With a grunt and a leap, junior John Barnett clears 6'4" in the high jump at the state meet. Barnett's performance helped the team edge its nearest competitor, Waterloo West, by three points. (Photo by Andy Scott)

Physical objects aren't the only things from which tradition is born. Consistent victories developed a mentality in the team that added to its will to win.

"When you're on the Ames High track team you're supposed to be good. So there is a little pressure involved in living up to that. But all I do is go out and do my best," junior Brandon Geise said.

But strong bodies are needed to back up that mentality. Knowing this, Sletten developed a basic regimen that worked for the team for years.

"Every day we stretch, do warmup laps, our workouts. Then starts or batons — lots of batons. I don't think other teams do all this, probably because they're not willing to work as hard, whereas Ames traditionally does," sophomore Curtis Hawkins said.

That willingness to work hard definitely paid-off, again. For an unprecedented fifth time in a row, the

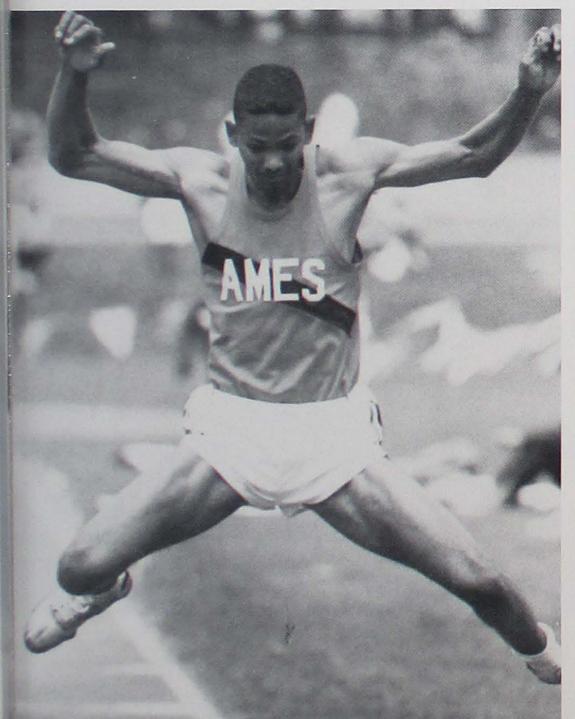
boys' track team captured the state championship.

"After the first day we had more points than expected, so I felt confident. But on the second day I was nervous right up until (John) Barnett was within five yards of the finish line in the four by four," senior Dan Bergan said.

After the victory lap in front of the cheering fans, the track team headed home to celebrate. Being too young for champagne, the team had to settle for some down-home Midwestern cooking, at Bonanza.

"We went and ate and celebrated. Everyone talked and relaxed after all the tension at the meet. They've gone there after all the championships," freshman Scott Gabrielson said.

From running to eating, tradition abounded. But the one that the team was proud not to have broken was that of winning.





With a mighty summoning of his strength, senior Aaron Clinton leaps through the air into the long jump pit at Drake Stadium. Clinton's jump of 21'6" gained him fifth place at the state meet. (Photo by Andy Scott)

Ah, the sweet taste of victory. This taste was not uncommon to the team that hadn't lost a meet since May 1986. By winning State in May, Ames broke the record for number of consecutive wins, also set by the Little Cyclones. (Photo by Andy Scott)

DeyondActions

Golfers rely on superstitions for success

-Karen Heggen

Beware of a black cat that crosses the putting green? This probably isn't one of the more common superstitions, but if this happened to certain members of the girls' golf team they might have gone home for the day.

"We were all really superstitious. We thought if we said or did the wrong thing it would mess up everything," senior Chantel Jordan said.

But luck seemed to be with them; the girls' golf team had an incredible season. They finished their regular season undefeated and took the Metro Conference title. Six team members then went on to place second at State; Paige Hoefle, Janea Carter, Sarah Gitchell, Jordan, Lisa Horton and Julie Hanson. That success during the season may have led to superstitions.

"I always use a green tee, otherwise I think I won't get a good drive,"

freshman Crystal Houge said.

Besides superstitions there Beware of a black cat that were good luck charms. The team's sees the putting green? This number one golfer, Hoefle, pospably isn't one of the more compassed one throughout the season.

"The team has a lucky golf ball, Larry the Lucky Golf Ball, that has been passed down for three years. I just carry it around in my bag," Hoefle said.

Superstitions and good luck charms helped some players make their way through the season while others developed certain rituals they would perform before and during their rounds.

"I usually take only one practice swing and then while I'm playing if I'm doing bad and start to get frustrated I just hit the ball," freshman Sarah Frette said.

Even though many of the upperclassmen had superstitions, most of the underclassmen didn't find them necessary. They put more emphasis on a player's ability than on actions and sayings. "I think our success has a lot to do with the players themselves, everyone is really good. They are determined to win and really intense about their playing," freshman Lonna Rensink said.

For those who didn't have superstitions and, at times, found themselves lacking confidence, there was always support and leadership coming from other team members. This was especially valuable to first year players.

"Being a freshman playing on varsity made me nervous, but it helped knowing the seniors were always there for you if you needed help. The seniors possessed good leadership qualities," Horton said.

Such a successful season wasn't totally dependent on someone's superstitions, good luck charms, or personal rituals. The team possessed a lot of ability and togetherness which helped them reach their goals.

Girls' Golf

16 first places

Opponent	Place
WDM Valley Classic	1st
DM East/DM Lincoln	1st
Marshalltown	1st
Ames Invitational	1st
WDM Dowling	1st
Marshalltown	1st
Ankeny	1st
Metro Conference Meet	1st
DM Hoover/DM Roosevelt	1st
Ottumwa Invitational	1st
Dowling Invitational	1st
Boone	1st
WDM Valley/DM North	1st
Sectional Meet	1st
Regional Meet	1st
State Meet	2nd



Girls' Golf. Front row: Julie Hanson, Lonna Rensink, Paige Hoefle, Sarah Frette, Lisa Horton, Sarah Gitchell. Back row: Janea Carter, Crystal Houge, Coach Bob Heiberger, Ann Aldrich, Chantel Jordan.



Hoefle chips her ball out of a sand trap and onto the green. Hoefle was the team's number one golfer and helped Ames place second at State. (Photo courtesy of The Daily Tribune)

After hitting the ball onto the seventh green, freshman Crystal Houge watches with the anticipation of making par. Houge was one of the five freshmen who played on the girls' golf team. (Photo courtesy of The Daily Tribune)





During a meet with WDM Dowling April 23, freshman Lisa Horton hopes that her ball lands on the green after driving it into the wind. Ames added another first place to an undefeated regular season. (Photo by Andy Scott)



-Sarah Gitchell

"I've been around the course and I-I-I, I can't find my golf ball . . . " sang Janea and Chantel at the top of their lungs to Lisa Stanfield's "I've been around the world," as we were bumping through a muddy mess on our way to Burger King after our Regional victory in Fort Dodge.

Eating and creating alternative lyrics to popular songs were the two most frequently engaged in activities by the Ames High girls' golf team (next to golf, that is).

And play a lot of golf we did. By the time we had finished with State, each varsity golfer had missed over eight full days of school. What a sport. How else could we go for leisurely drives through the countryside while munching on brownies? What other coach would try to find his players Prom dates? And who else would have a mascot named Larry? That little orange ball with the mystical powers (it really should be included in Time Life's Mysteries of the Unknown) proved its worth once again. Hopefully it will continue the good work since it was handed down to Janea in a simple, yet eloquent, ceremony at the Atlantic Pizza Hut. I can't think of any sport that has as many advantages as girls' golf.

It does have its bad sides, though. Take, for instance weird nicknames, miserable weather, makeup homework, missed senior picnics, threatening notes on the bulletin board (Be There), and the scenic Hawkeye Motel.

All in all, though, it was definitely worth an undefeated regular season and a second place finish at State. And besides that, where else could I find people that talk my kind of language: bogie, three-putt, Fred Van Bergan, sweet drive, Chad, "Blame it on the Wind," nice tan line, good save, and DUDE!!

The

-Mike Corones

Baseball is full of traditions. One of those that is time-honored is that of nicknaming the players. This year we even got tshirts with our nicknames on the back! Everyone joined in the name game and we came up with quite a list. Scot Angus-Sid (Fernandez)

Craig Barnum-Puma Eric Bappe-Chilly Mike Brower-Turtle (he looks so slow) Jason Bennett-Nosaj (Jason backwards) Jason Horras-Big V Jason Berg-Mitch (after the Michelin tire man) Brian Bowman-Snagglepuss Joe Peterson-Shaggy (and Scooby-Doo) Brian Peter-Pistol Tim Jaspering-Pipes (he's got huge arms) Tim Legg-Gazzoo Scott Latterell-Hummer Pete Egeland-Cuervo Scott Ottoson-Come 'n' Go Tim Randles-Poncho Jason Hansen-Juice (childhood name) Jay Johnson-Silk (because he's smooth) Brian Burkheimer-Low rider (he's short) Chad West-Jose

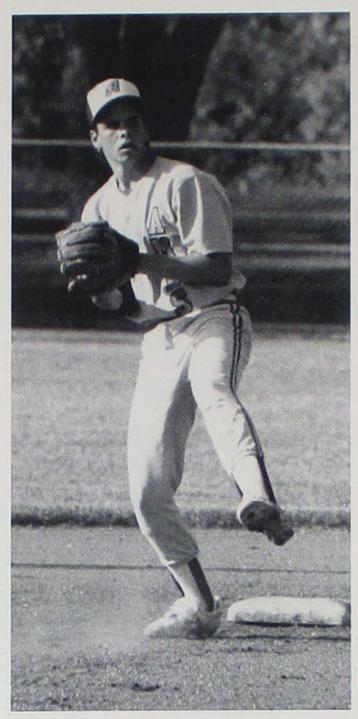
snack)
The main reason we nicknamed each other was simply that it seemed like a
good idea at the time. But
eventually it led to team unity, which we had a great
deal of. Even guys fighting
for starting positions treated each other like brothers.

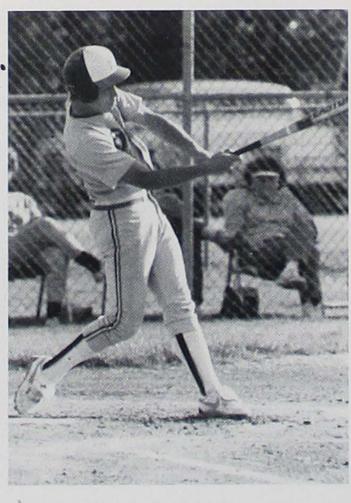
Mike Corones-Cracker Jack (after the All-American

Shortly after we started practice, the team came together as a close-knit unit. The seniors led the team and juniors followed their examples every inch of the way. And everybody led the way in fun. Stories of baseball humor from the past, an outfielder with his legs crossed from having to go to the bathroom and players doing the wave on the bench all started the season's dugout follies.

Concentration shows in junior Bart Fowles' face as he attempts to pitch a strike. Fowles' pitching helped Ames High beat Webster City 12-1 in the early game of the double header on June 5. (Photo by Andy Scott)

After fielding the ball, second baseman junior Scott Latterell prepares to throw the ball home to keep the run from being scored. The Little Cyclones beat Webster City 10-3 in the nightcap game of the double header. (Photo by Andy Scott)





Following through on his swing, junior Jason Hansen watches the ball's flight path before taking off for first base. The Little Cyclones' offense was a key part of many of their victories. (Photo by Andy Scott)



Time Out

Baseball took precedence over summer vacations

-Jennie Jones

Ahh, the thought of it, summertime. The word evokes dreams of sun-drenched days on the beach and sleeping on sultry afternoons. With the thump of a baseball hitting a parked car, reality returns and it's not Peterson's Pits - it's Brookside Park. For members of the team, baseball was their summer vacation.

"Whenever the season is over I can't wait to play again because I love it so much. Whenever I think of it I can hear my old coaches yelling, the crack of the bat and the fans cheering after a great play," freshman Ben Ford said.

However, making the great plays came only after lots of practice. For the boys of summer it meant devoting at least two hours of

each day for three months to the said. sport. That is, when they weren't playing one of their 32 games. It took lots of time out of the summer, but that was why some enjoyed it.

"It cured my summer boredom. We have a game or practice every day. Plus all my friends are there and I like to be with them," junior Scott Ottoson said.

But summer wasn't just a time for heading to the ballpark and hitting line drives. Many families vacation and that meant leaving their baseball player behind.

"It ruins summer trips, but you get used to it. It's a commitment you have to make if you like a sport," senior Jason Horras said.

Giving up vacations was easier with fun alternatives. There wasn't much comparison between catching ground balls and the Grand Canyon, but players tried to compensate.

"Our team has a good time with each other; it hardly seems like practice. We all tell jokes and the whole thing is real loose," junior Tim Legg

Practicing was only part of the excitement. The thrill of the game, stealing home, and making the double play all made it worthwhile.

"I love pitching the best. Being up there on the mound, facing the batter and trying to get them out is exciting," freshman Aaron Wells said.

Others preferred being on the receiving end of those pitches. Each time at bat brought a chance to send the ball out of the park.

"Batting is the best. It's most challenging when you're facing a tough pitcher. It can make me nervous, but I try not to think about it," junior Tim Randles said.

Baseball has lots of thrills and disappointments. But one of the biggest thrills of any game is winning. By finishing with a 24-8 record and capturing first place in the conference, the Little Cyclones found giving up vacation not a nightmare, but a fantasy.

Quickness is a helpful skill to have when stealing bases or leading off. By using his, freshman Scott Gabrielson is able to get back to the base before the pitcher can get the ball there. (Photo by Andy Scott)





With the speed some pitchers put on their fastballs, and the wickedness of the curve balls, strike outs were inevitable. Junior Tim Legg swings at the ball, but misses as it flies past him. (Photo by Andy Scott)

H'resh Fielders

Young age wasn't detrimental to gaining victory

-Beth Fatland

Crack! A white globe shoots through the air as a freshman rounds the bases. Another hit! And it's another freshman?! Softball season had started, and the team was a young one. The underclassmen out-numbered the upperclassmen, and with a lot of younger players, people wondered if the lack of experience would hinder the team's performance.

"People wonder if it will affect us. I don't think it will be detrimental. They won't be coming to games without basic experience, but they might not be used to tough plays and intense game scenarios," senior Krista Posegate said. "Just because they are young doesn't mean they aren't strong."

To create a skilled team, members needed basic knowledge of the sport. Underclassmen had this experience from other organizations.

"We haven't had actual varsity game experience but a lot of us have played with ASA (American Softball

Association) and AGSA (Ames Girls' Softball Association)," sophomore Amy Biechler said.

the most important aspect of a team. Players thought mental outlook was just as important.

"The young people on our team have experience even though it's not of the same intensity as varsity. We have potential to be a strong team, if we pull together and have a positive attitude towards each other and the game," freshman Kelly Hawley said.

Attitude was important — especially team members' attitudes towards each other. The team had to be able to work well together. Coaches and parents wondered if the age difference would cause any cooperation problems.

"Even though the ages of players are diverse, our team will be close because we all have the same goal. So in turn, we will work well together and overcome our lack of juniors and seniors," junior Andee

Moore said.

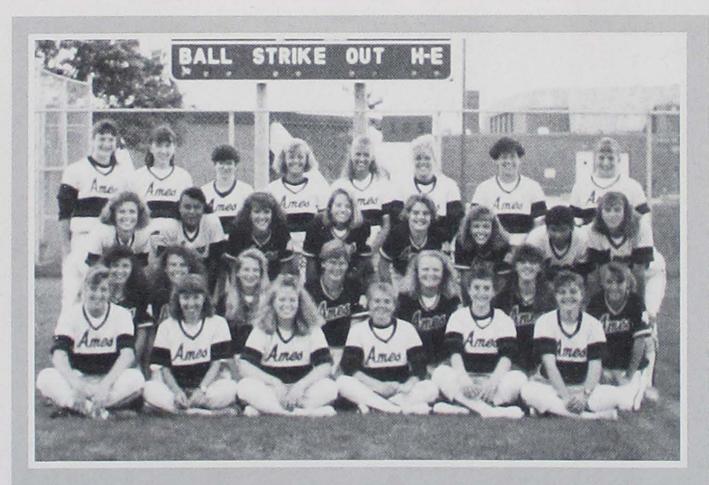
To be successful the Little Cyclones needed experience, lead-But experience wasn't always ership, attitude and cooperation, which they worked on through the season.

> "Games aren't won by offensive ability but by defensive. We have to work together, no one is incredible. We have a blend of abilities - we need to find where each one of us works best. We have lots of determination," junior Chris Clatt said.

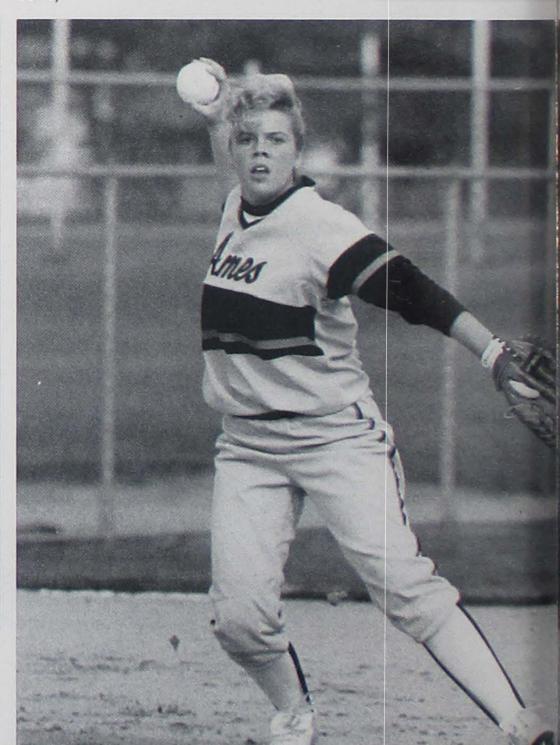
> But determination doesn't always pay off 100 percent, and the Little Cyclones finished up with a 10-18 season.

> After scooping up a grounder, second baseman freshman Leigh Ann Powell makes a throw to first base while teammate senior Stacia Madsen looks on. Ames lost the game against WDM Valley 0-6. (Photo courtesy of the Daily Tribune)

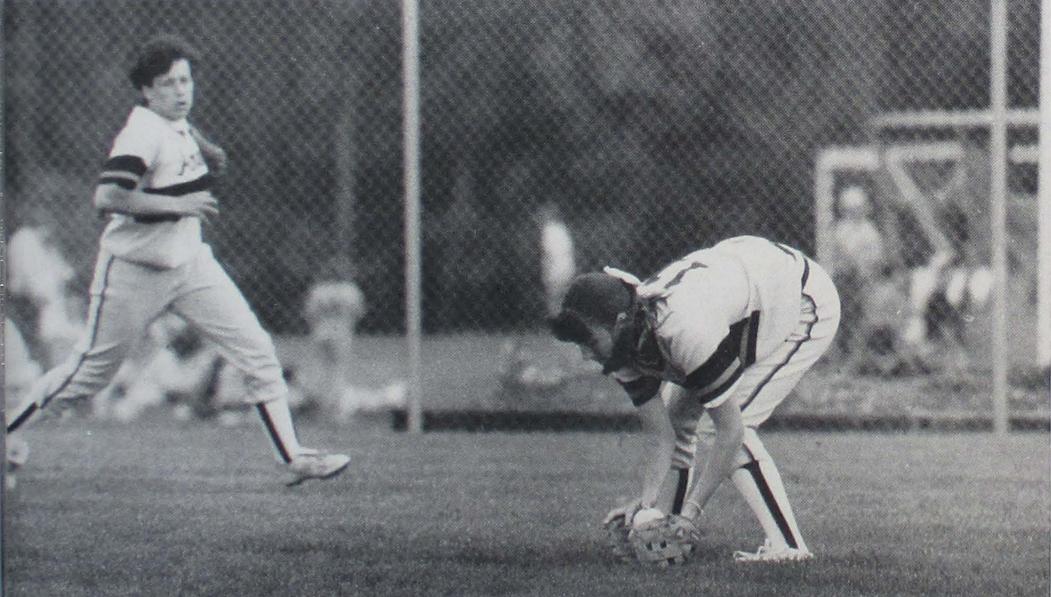
> During the May 30 game against WDM Valley, third baseman junior Colleen Berg prepares to throw her opponent out at second base. Despite their efforts, Ames lost the game 0-6. (Photo courtesy of the Daily Tribune)

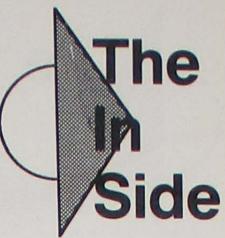


Softball. Front Row: Traci Rogers, Chris Clatt, Krista Posegate, Leigh Ann Powell, Kelly Randles, Kristi Heiberger. Second Row: Audra Woodin, Shantel Brower, Sara Brunscheon, Laura Kain, Jamie Adair, Jenny Wilcox, Susie McGee. Third Row: Carol Kilmer, Marie Engelhorn, Marie Stover, Dana Patterson, Amy Bartine, Tina Weigand, Dawn Peterson, Kim Biechler. Back Row: Allison Doyle, Amy Biechler, Melissa Venard, Niki Wendt, Stacia Madsen, Colleen Berg, Keara Langston, Kelly Hawley. Not Pictured: Andee Moore, Sarah Pepper.









-Traci Rogers

"I've played softball before, but never for the Ames High team," was a phrase that could be heard from over half of the 1990 team. The team consisted of three seniors and four juniors, and the rest of the squad was underclassmen.

With a tremendously young team at hand, Coach Worrell began with the bare and basic fundamentals. The attitude was best stated by Kevin Costner in "Bull Durham" - "It's a simple game — you hit the ball, you field the ball and you catch the ball."

The first weeks of tryouts and practice consisted of the same drills. We would warm up our arms by throwing to each other and rotate into three stations. We would take infield balls, outfield balls and bunt. Coach Worrell would say, "I know it may get boring at times, but we need to get the fundamentals down so that we can worry about where to throw the ball instead of worrying about fielding it. It needs to be automatic when the ball comes towards you."

Even though the team was young, we played well. We hadn't played with each other much, but it was great.

I think that with the full schedule of games we had ahead of us we had a successful season. Our record wasn't tremendous, but determination and spirit was high. The team was small in number, which I think was advantageous. We were stronger from knowing one another.

The season was an eventful one chalked full with games just about every day. Even though the team was young, we played with the traditional Ames High enthusiasm. We went with all that we had and played it to the hilt.

While freshman Allison Doyle bends down to field a ground ball, freshman Keara Langston runs to back her up. Ames won the game against Boone 7-2. (Photo courtesy of The Daily Tribune)

The

-Kirk Foote

"Kill 'em all!" We chanted this at our first few games this season until the chant and our famous t-shirts were banned from the playing field and the hall-ways of our illustrious school. Not only did this dampen our team morale, it really ticked us off. However, this fighting attitude was properly channelled into a successful season, or at least a successful outlook on the season.

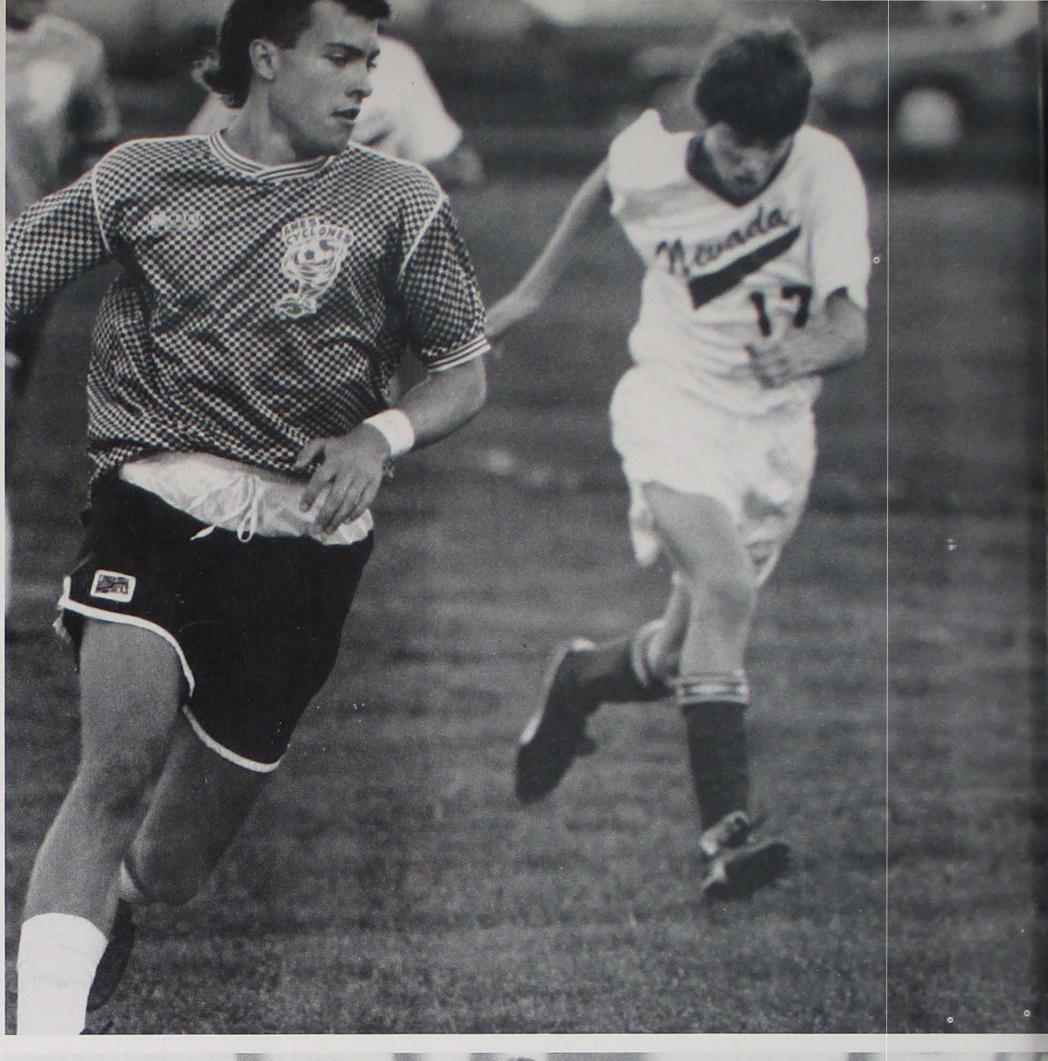
Another way that this "fighting" attitude was demonstrated was at DM North. We started out the game with cool heads, but two hours and 10 fights later the game ended with the biggest fight of them all. Doug Bock just about had his head chopped off after being surrounded by 10 to 15 hostile soccer players and I had a glass bottle thrown at my back as I ran to the bus.

This was the "fun" part of the season. We also enjoyed our pre and post game episodes at Godfathers, where we ate and listened. We always had fun listening to Mr. Halloum's 45 minute pick-apart of the previous game.

One thing that we could never figure out was how, if we came to an hour and and a half practice, we were supposed to find time to condition outside of that time. Ghoz (the coach) said that conditioning was for outside of practice time. However, we could never find that time.

Despite these shortcomings, as a team we still came out and shocked the socks off the hoity-toity Des Moines schools. We had fun, got some sun and will probably have the best season that an Ames High team has ever had and we thank Metallica for it.

During the junior varsity game against the Nevada Cubs, freshman Morris Liao dribbles the ball past opposing players. Speed and accuracy paid off for the JV team. They won 3-2. (Photo by Andy Scott)





Neam Play

Soccer players worked together for success

-Tia Nemitz

Although you wouldn't believe it when you saw them walking through the halls their first few game days, the Ames High Soccer team commended itself on sportsmanship. This may not have been obvious since the shirts they wore those days sported the team motto "Kill 'em all!", which the athletic department deemed inappropriate.

"I'm really upset that they (the athletic department) banned our shirts. They didn't hurt anything or anyone. They were meant to build

Receiving a pass from a teammate, junior Jason Madison continues to move the ball down the field. Madison played forward, the key offensive position. Ames won against the Nevada Cubs 4-1. (Photo by Andy Scott)

Dribbling the ball down field, senior Todd Schumer moves toward the goal. Schumer received a yellow card for ungentlemanly conduct against Nevada and Nevada's coach was kicked out eight minutes into the game. (Photo by Andy Scott) up morale," junior Chris Ollila said.

The banning may have brought down morale, but only temporarily. The team went on to build team unity and a successful season.

"This year we are getting along a lot better with the coach, as a team in whole, than we did last year. We do more things as a team in order to perform better in games and have a good time doing so," junior David Bovee said.

They had pizza dinners as a team the day before games and discussed strategies for winning.

"We meet together to get psyched up and ready to win. We discuss how the other team may play and where their strong and weak points are to mentally prepare us for the match," junior Jason Stutzman said.

After games the team analyzed their performance in either a meeting following the game or another

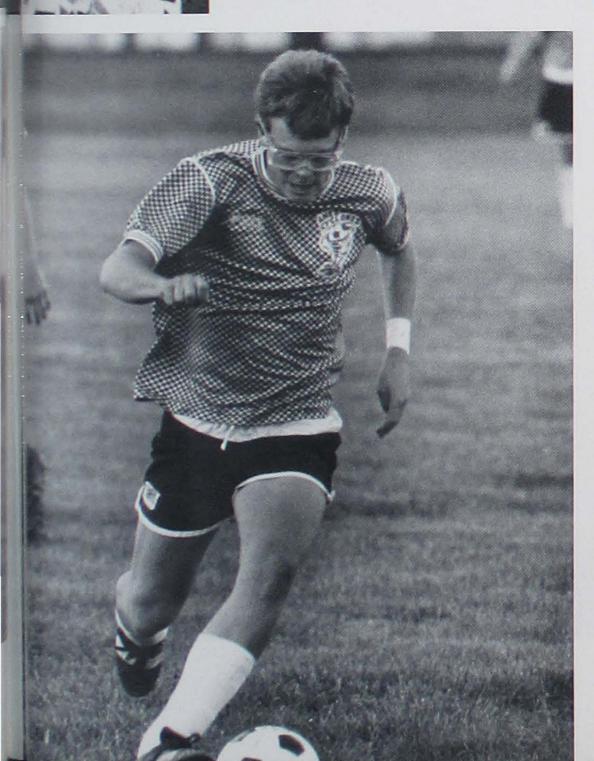
pizza dinner.

"We eat a lot of pizza, but who's to complain? When we meet we usually talk about what we did wrong and what we can do to change in order to do better in the next game," junior Tuan Larson said.

Despite their lack of dietary discipline, their discipline in the game outshown most of their opponents.

"We try to keep our dignity and sense of honor despite the blatant violations of rules by the other teams. Our guys get frustrated a lot because the referees are unfair to Ames for some unforeseen reason," senior Doug Bock said. "We try to overcome these unfair consequences and so far it has paid off."

While they didn't kill 'em all, with the help of lots of pizza and a positive attitude, the team did come close. They finished with a 12-3-2 record and a new respect for sportsmanship.





Soccer. Front Row: Frank Greer, Toby O'Berry, Bob Parr, Brad Lanxon, Nick Nakadate, Jonathan Ticku, Pablo Fuertes, Bill Robinson, Daniel Redmond, Juan Caliva, David Flicham, Nilesh Narotam, Derek O'Riley. Second Row: Andy Glatz, Jason Madison, Naito Takeshi, Jason Stutzman, David Bovee, Lance Schmitt, Steve Beaudry, Kirk Foote, Chris Ollila, Todd Schumer, Tom Oakland, Burkhard Kaup, Farshid Khosravi, Nathan Uemura, Jae Bernard, Taun Larson, Coach Ghazi Halloum. Not Pictured: Doug Bock, Cindy Harris, Derek Kruempel, Joe Kuhl, Dax Slaughter.

ower of Egos

Attitudes affected how students played I ball

-Karen Heggen

things. To some it meant sleeping in ponent single-handedly," senior man said. late, shorter classes, or student gov- Gregg Garn said. ernment. To others it meant I ball certain I ball players.

It makes you play harder. You try to make yourself look better than the

Junior Damon Hawn, a member of Pete Egeland's team the Fly Boys, felt big egos and success went hand in hand. The Fly Boys made it to the finals and played against Craig Barnum's Phi Slamma Jamma Boys.

"The people on my team had big egos, and I think it helped us get to the finals," Hawn said.

Looking good and trying to impress others was important to those who felt they had to stand out from the crowd.

Wednesdays meant a lot of the same unless you crush your op-

The pride of some and their deand dealing with the inflated egos of sire to win influenced what others could do. When winning was a prior-"Your ego influences you a lot. ity, some players didn't get a lot of playing time.

"I didn't look forward to I ball beothers," senior Michael Brower said. cause my captain never played me because he wanted to win," junior Jason Madison said.

> Besides bringing out big egos, I ball acted as a release for unwanted tension. It gave students time away from the repetitive school day.

> "I ball is a place where you can relieve your stress and have a good time," junior John Ramsey said.

> Having a good time was a shared ambition between the girls and the guys.

"I really enjoyed it; I like to play "I don't like to pass to anyone. for the fun of it. Everyone is out there

I want to score all the points. It isn't to enjoy themselves and to get some exercise," freshman Rebekah Hart-

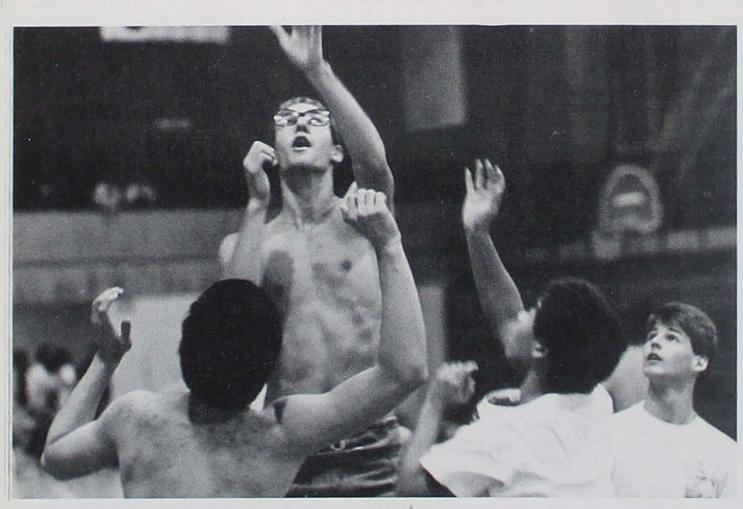
> The girls' attitudes toward the competitiveness of I ball was slightly different than that of the guys.

> "I don't think it's as big a deal to us as it is to the guys. The seniors are really into it though, probably because it's their last year," sophomore Sara Olberding said.

> Big egos had little to do with who won between the girls. High attendance seemed to be the factor that led Deb Forssman's team to triumph in the girls' I ball tournament since many teams had to forfeit.

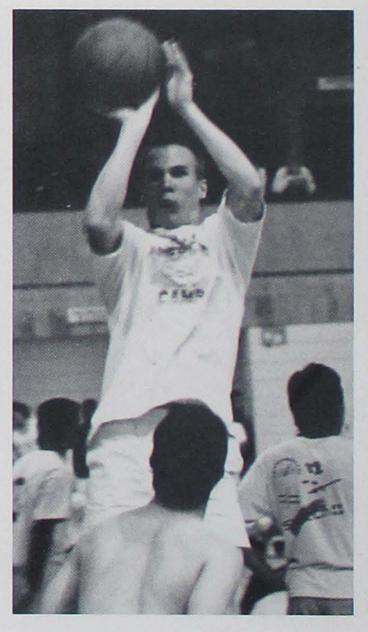
> "My team was just a bunch of super, dedicated people," senior Deb Forssman said.

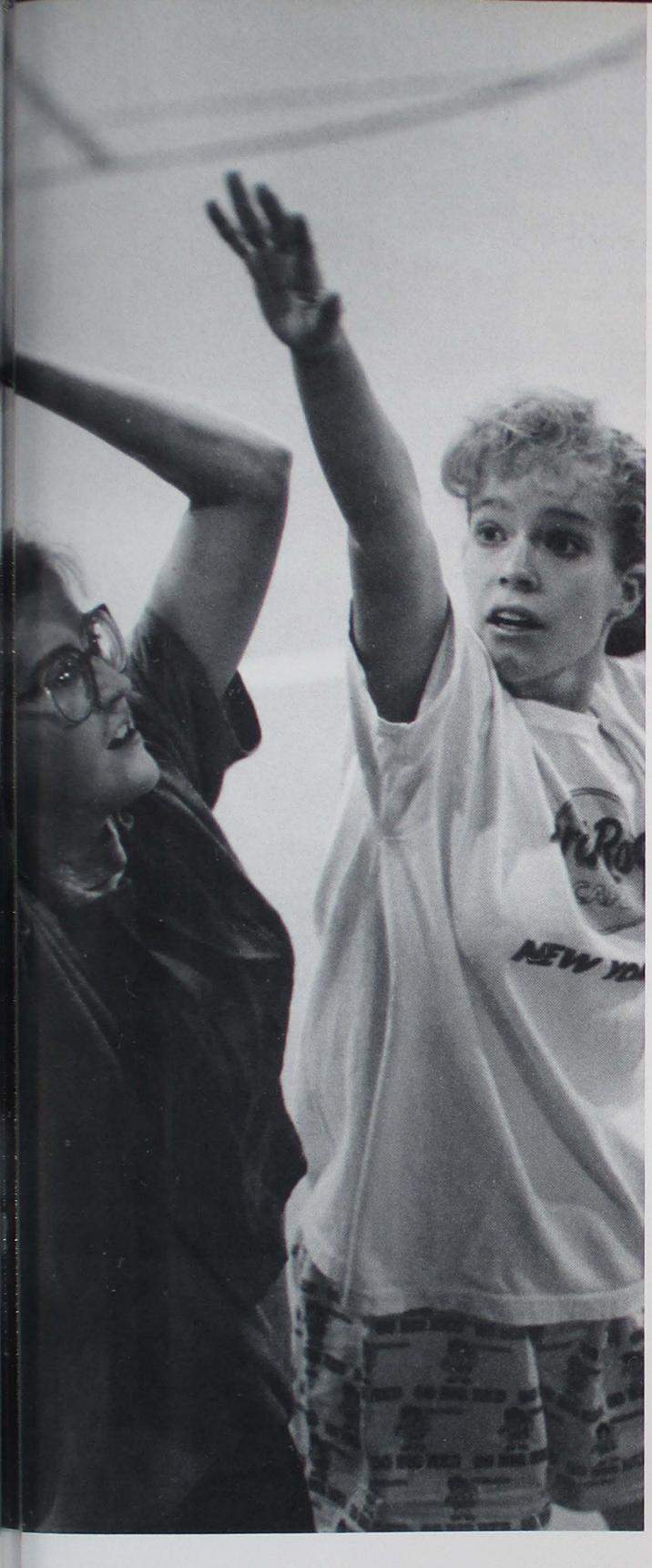
> Egos may have affected how many students played. But, the intention for most of the girls and the guys was to have a good time.



Following through with his shot, senior Brian Campbell hopes for the best while his teammates and opponents look upward for the possible rebound. Being 6'2", Campbell added the needed height to John Alexander's team. (Photo by Andy Scott)

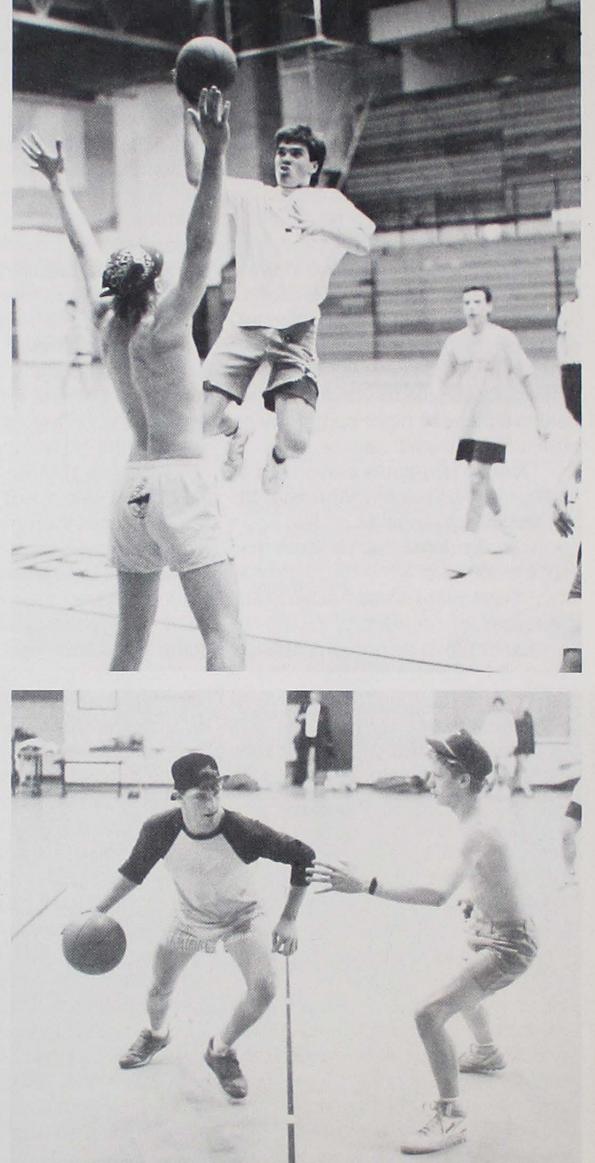
Rising high above his competitors to get a clear shot is senior Kevin Peterson. I ball proved to be a place where everyone could strut their stuff while relieving stress caused by school. (Photo by Andy Scott)





Decked out in her lucky Nebraska boxers, junior Alicia Gilley attempts to block freshman Crystal Houge's shot. Houge was a member of Deb Forssman's team, which went on to win the girls' I ball tournament. (Photo by Andy Scott)

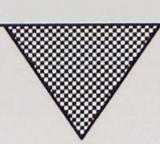
Check the altitude on this one. Proving he had the right stuff, senior Michael Brower does an Air Jordan over Chad West to make the ultimate basket while junior Bill Kannel looks on. (Photo by Andy Scott)



Manuevering around sophomore Jeff Johnson, sophomore Gus Carlson goes for a lay-up. Carlson was a member of the only team that managed to defeat Chris Bundy's team in regular season. (Photo by Andy Scott)

I V-ball let students

take it easy



-Steve Wuhs

Students were finally able to ing them to look for: good, clean fun. And the school even played a minor role, because the fun was found every Wednesday night during the intramural volleyball season.

Nearly 50 people played in I Vball's fourth season, forming six teams. Many aspects of the sport a round-robin tournament. drew participants, but most were in for the fun of it.

"I had heard it was fun, and I like volleyball, so I signed up. It was also a chance to play it competitively since the school doesn't offer a men's volleyball team," senior Stuart Penney said.

Many students played because there were no other co-ed sports offered by the school.

"It was interesting seeing how volleyball. Some of their spikes caused permanent damage to my hands. It was also nice to play a sport that wasn't segregated," senior Marit Munson said.

It was a sport unlike all others because it required little to no athletic ability. All you needed were functional limbs and a good sense of humor to enjoy the two weekly matches.

"I've always thought it was fun to throw myself at the floor to catch spikes," Munson said.

Injuring themselves wasn't the only attraction for the participants. Many students enjoyed having the opportunity to play a sport where there was no pressure to perform.

"I thought it was just fun. I find what their parents had been tell- wasn't pressured to do my best by my team or by myself. We just went out there and had a good time," sophomore Neena Paul said.

> For the first eight weeks of the season, the teams played one another in best-of-three matches. The final week was spent competing in

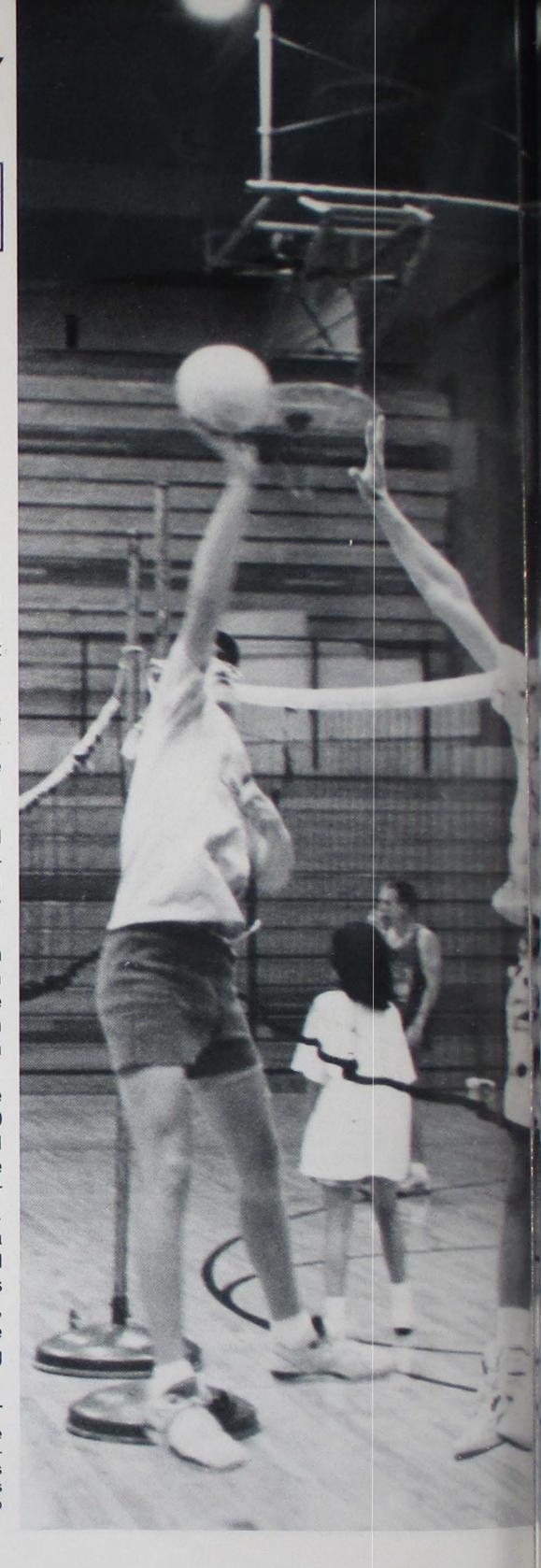
> "It was well-run and was a good way to end the I V-ball season. Everybody played their hardest, and I think everyone had a good time," junior Bob Black said.

> But when it was all over, captain Joe Peterson had guided his team through the tournament and to the league championship. His team played the whole regular season without a single match defeat.

"We worked really hard for the many guys are really awesome at title. We spent five hours playing 10 different matches, but it was all worth it to get our name, the Phlegmatix, on the IV-ball plaque for eternity," senior Sarah Harms said.

> Intramural volleyball was a sport that had no equal. It required no skill or practice time, and players rarely broke a sweat. But it was fun, and that's the reason 50 people spent nine Wednesday nights diving at the hard gym floor.

> Intramural volleyball gave students the chance to relax during the week with a highspirited game. Senior Brian Bowman leads his team to victory by lofting the ball over his opposition, junior Gerald McConnell. (Photo by Laura Zachary)



oney's no object

-Steve Wuhs

When many people think of playing a sport, the first things they envision are winning the state championship for their team or getting their first varsity letter. But before these things can happen, there is one thing many athletes must consider: how to pay for their equipment.

As they vary in popularity, sports also vary in the costs associated with them. Wrestling was one of the least expensive.

"All I have to do is buy shoes and a jock, and that comes to about \$40. They provide the rest for me," junior Dax Slaughter said.

But most sports had bigger price tags. Even swimming, where the athlete only wears a swimsuit and goggles, came to more than \$100.

swimsuits, and that's \$75. You also need one or two goggles, for about flat broke all the time," junior Janea \$10. This year, we bought flippers for \$23, too," sophomore Solomon Abel said.

But the most expensive sports could cost much more. Golf, hockey and tennis cost their athletes big bucks.

"Tennis is one of the most expensive sports. You break strings a lot, and that's like \$10-15 a time. You still have to buy shoes and tennis balls, plus racquets, which go for \$200 each. I'm lucky my parents will pay for them," junior Dan Wilson said.

Many other students found hope in the fact that their parents would pay for at least a part of their equipment. But for those students in more than one sport, the costs continued to pile up.

"I'm in three sports, and they're "You usually need two or three all expensive, especially golf. If I had

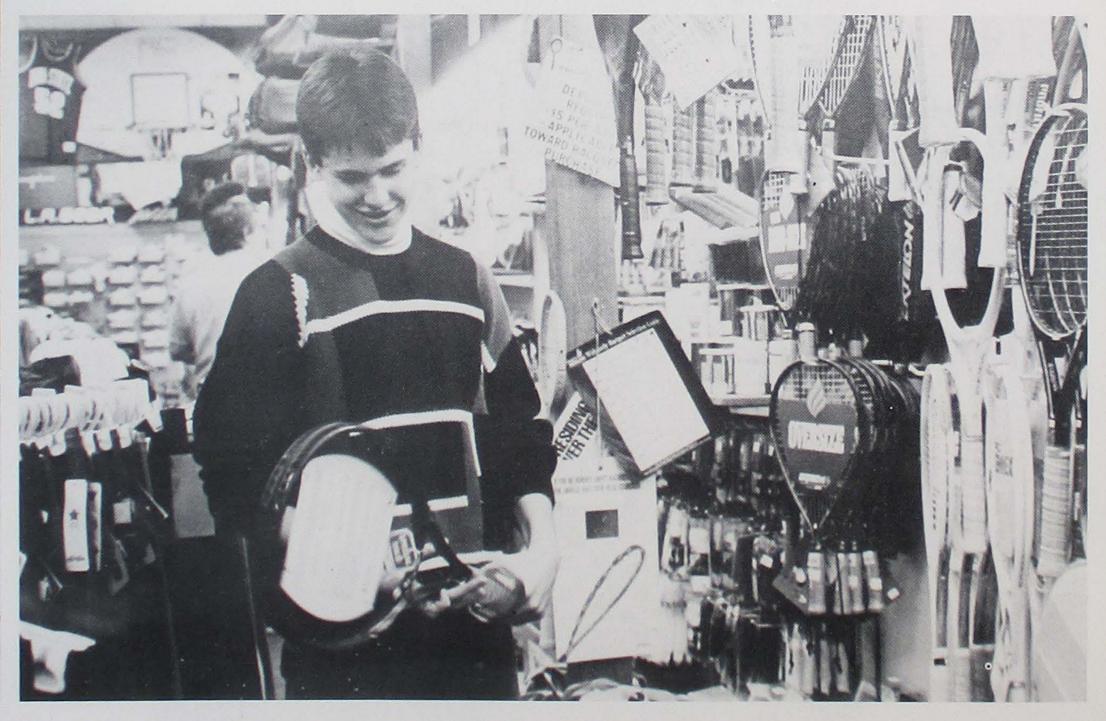
to pay for every sport I'm in, I'd be Carter said.

But the costs for playing a sport included more than just shoes and a uniform. Most people paid for workout clothes and many had to pay more to care for injuries.

"Regular costs are high enough. If you get hurt, it's even more expensive because you have to buy your own braces," senior Stacia Madsen said.

The high cost of playing a sport worried many students and their parents, but for most, the cost was worth it if they could win that elusive trophy.

The Sports Page offered a 10 percent discount on merchandise for Ames High athletes. Freshman John Tannehill hoped to take advantage of the discount on a new tennis racquet for the upcoming season. (Photo by Paige Hoefle)



Crowd

We came from every corner of the earth and all walks of life; from The Sudan and Australia, Poland and Germany, Texas, Bettendorf, Iowa and, of course, Ames. With so many different backgrounds, we found ourselves coping with new and different opinions and styles.

We found that we preferred to do our own thing instead of conforming to the standard. We formed our own styles with glasses and colored contacts, and we shopped for bargains instead of always making a bee-line for the Guess and Genera. We collected weird stuff from gobs of gum a certain freshman had to scrape out of his locker with a putty knife, to a closet full of teddy bears dressed in outrageous socks.

The seniors became the first class to survive four years at the high school after reorganization sent them here as freshmen. After all those years, it was no wonder that they were never on time. But then they'd spent so much time working for nearly \$20,000 in scholarships and awards, that they couldn't be expected to get everything perfect.

Our personal relationships varied from student to student. Many of us found dating, instead of 'going with' someone, was the best way to handle things. Others stuck to cuddling in the halls with the same person each week.

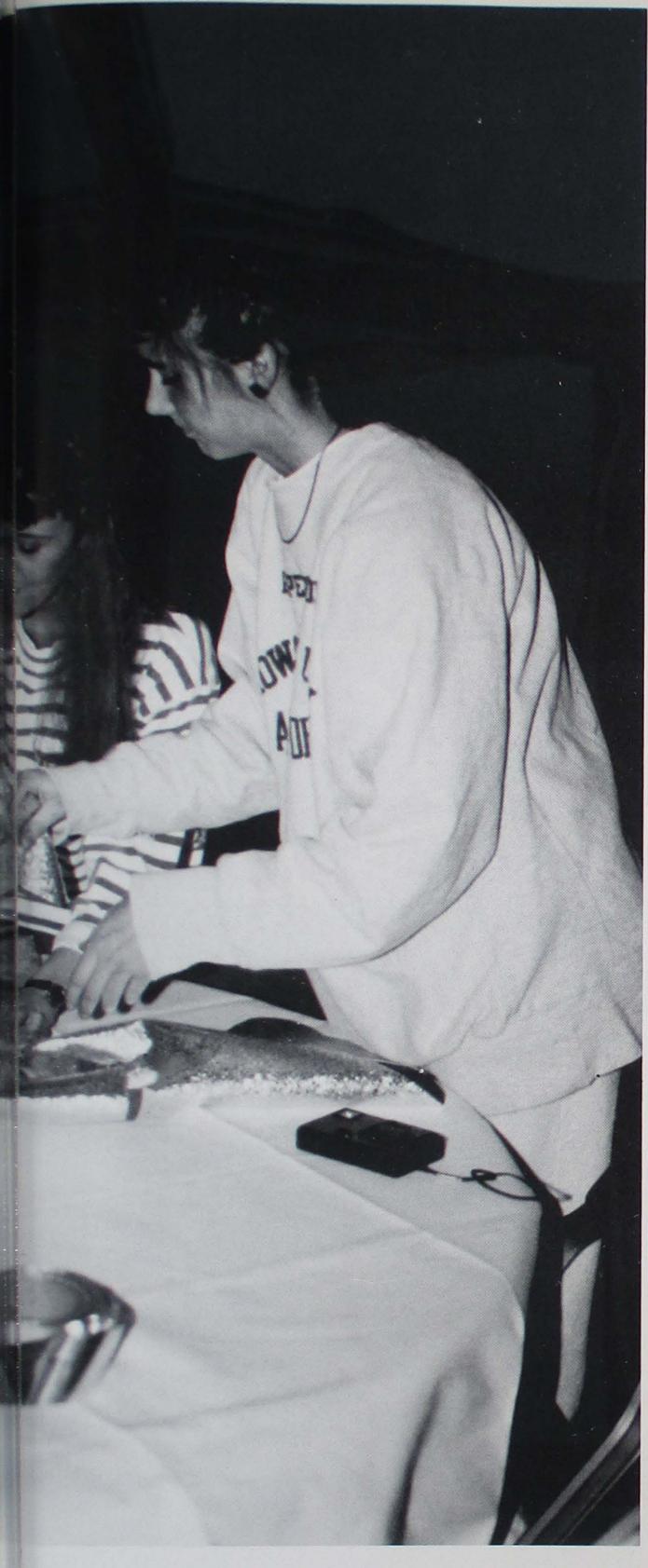
With 1,271 student personalities under one roof, even teachers couldn't help but learn something. But many teachers found that taking a break with exotic vacations could keep the number of teenage lessons in check.

This great a variety of personalities made it hard for conformity to have an effect; we didn't want to blend in with the mass, we wanted to stand out in the crowd.



Entertaining Samantha Eckerson, senior Doug Bock reads the poetry he had written for her. Third graders from Meeker held a poetry exchange with the A. P. Senior English class. (Photo by Andy Scott)

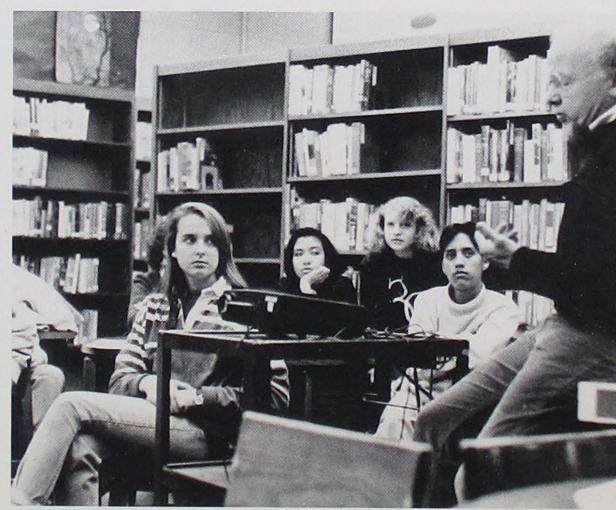




To decorate the entryway of the Memorial Union Sun Room, seniors Amy Morrison and Heather Jesse make bows. The Senior Girls' Club sponsored the Winter Formal dance. (Photo by Staci Dooley)

Helping out the Senior Girls' Club, seniors Jessica Miller and Diane Dubansky purchase food at a bake sale. Bake sales raised over \$300 to assist in financing Winter Formal. (Photo by Andy Scott)





Learning about Amnesty International, juniors Rachel Stansbury, Giselle Magat, Nuper Goshal and freshman Misty Hovatter listen to speaker John Doneghy. (Photo by Andy Scott)

reshmen

Katie Abendroth Heather Alexander Greg Anderson Eva Andrew Ryan Angus Avanti Athreya Jeff Bappe

Jess Bappe Amy Bartine Brett Barton Nick Benson Nick Bertelsen Jason Best Kim Biechler





















Couch spuds were tuned in

-Sarah Ford

Running around a track, working out, participating in an organized school sport, or working at a local store were frowned upon by many AHS students. These students, commonly known as couch potatoes, found alternative ways to pass away those after school hours.

because when I get home from school I make four ham sandwiches, flop down on the couch and turn on Sally Jessy Raphael until 4:00; then Batman reruns are on until it's time to eat din-

A couch potatoe's schedule allowed one half hour after school to grab a few select snacks from the refrigerator in preparation for three hours of 11:30, grab breakfast and head "educational" television.

Some favorite after-school snacks included Oreo cookies, senior Wendy Stevenson said. Ruffles, Triscuits and cheese,

ice cream and plenty of pop or milk.

Couch potatoes also had favorite TV shows, including "Brady Bunch" reruns, "Love Connection," "Duck Tales," "Club MTV," and a variety of soap operas. Although entertaining, these shows didn't offer much to stimulate the brain, but couch potatoes didn't seem to mind.

"Every day after school I "I guess I'm a couch potato watch the "Brady Bunch" and eat junk food for an hour and a half. This really relaxes me and helps me forget about my problems," freshman Kristi Heiberger said.

After school wasn't the only ner," junior Barrin Sanache said. time students chose to take it easy; weekends were a prime time for some well-deserved rest and relaxation.

> "On Sundays, I get up around for the couch, where I watch old movies all day in my pajamas,"

Although often criticized be-



cause of their lack of energy, couch potatoes took it all in stride, comfortable with their easy-going lifestyle.

Watching the afternoon TV show freshman Brad Wuhs relaxes after tough day of school. Some popular a ternoon programs included "The Brace Bunch," soap operas and cartoon (Photo by Andy Scott)



Joel Biggs
Dawn Bilyeu
Erin Block
Darren Boehlje
Chris Bond
Irish Boston
Jackie Branch

Christine Briley Christy Brown Joshua Bryant Mike Bryant Shelly Bryant Gigi Bucklin Jacinda Bunde

John Burgess Kevin Burkheimer Eric Burlingame Chris Burnham Aaron Burrier Juan Caliva Ryan Carey

Andrea Cartwright Cleiton Caruth Arthur Chen Heather Christensen Yung-En Chuang Jay Clark Mike Clark

Christa Cline
Ty Cobb
Leda Cole
Matt Conley
Larry Cooney
David Cram
Matt Cunningham

Stephanie Curran Lexa Curtis Travis Dakin Jason Dane Sara Day Shannon Dau Mellissa Dean

Mike Deaton Kelly Delagardelle Carrie Devan Bharat Devrajani Aaron Dietz Mandy Dill Yung Do

Ben Douglas Alison Doyle Anne Drake Josh Drake Alastair Draper Aimee Dutton Mike Eagan

Chris Eckroad Steven Edelson Mike Eggebrecht Shannon El-Hout Andy Elbert Steve Elliott Tammy Elliot

Glenda Ellis Sophia Ellmaker Greg Elwick Jonathan Emmerson Brad Erickson Alex Fagundes David Fincham

S now wasn't just for kids

-Sarah Ford

Snow - to many adults this word brought forth images of icy roads, negative wind chills, and cars that wouldn't start. But to students, snow was something to look forward to.

"Winter is my favorite season of the year, especially when it snows because I love seeing all the snowmen and snow angels that little kids make," junior Sarah Uhlenhopp said.

Snow angels and snowmen weren't only for little kids, as a number of Ames High students illustrated.

"I go snowboarding, it's like skateboarding, except your feet are strapped in. It's something different and a lot of fun, plus evon Miller said.

students out to brave the elements. Skiing, although popular, caused some unexpected accidents.

"Kirk Thompson and I were racing - I was winning - and when I tried to stop, I ended up under a snow fence with a mangled leg," junior Dan Wilson

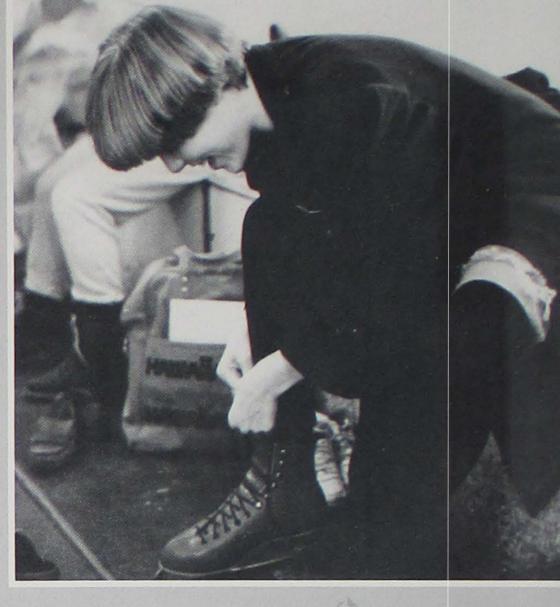
Skiing wasn't the only snow adventure which caused accidents. Sledding also created bumps and bruises and added new meaning to the word speed.

"Some of us went sledding and were playing 'Sled Wars' -I rocked all over everyone. I flipped over their innertube and they slid 45 feet on their butts," senior Rob VanAuken said.

When sledding got boring, some students discovered unusual ways to enjoy the lowa winter.

"Last year it was freezing, and eryone can do it," freshman Jas- three of us went camping in Brian Campbell's back yard. It Other activities also brought was great, but in the morning our dip and pop had frozen and that sucked," senior Steve Beaudry said.

So the next time a blizzard great outdoors.



strikes and the car won't start, don't fret, just grab your tent and snow shoes and head to the

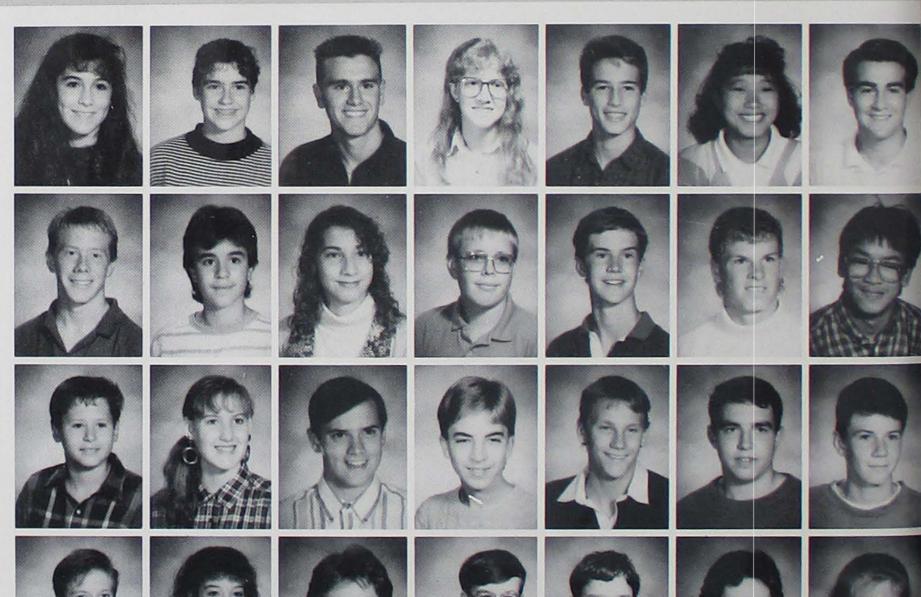
Lacing up her skates, freshman Man Lloyd prepares for an evening of fun on t ice. The Cyclone Area Community Center will a popular meeting place for those studen who enjoyed ice skating and hockey. (Pho by Andy Scott)

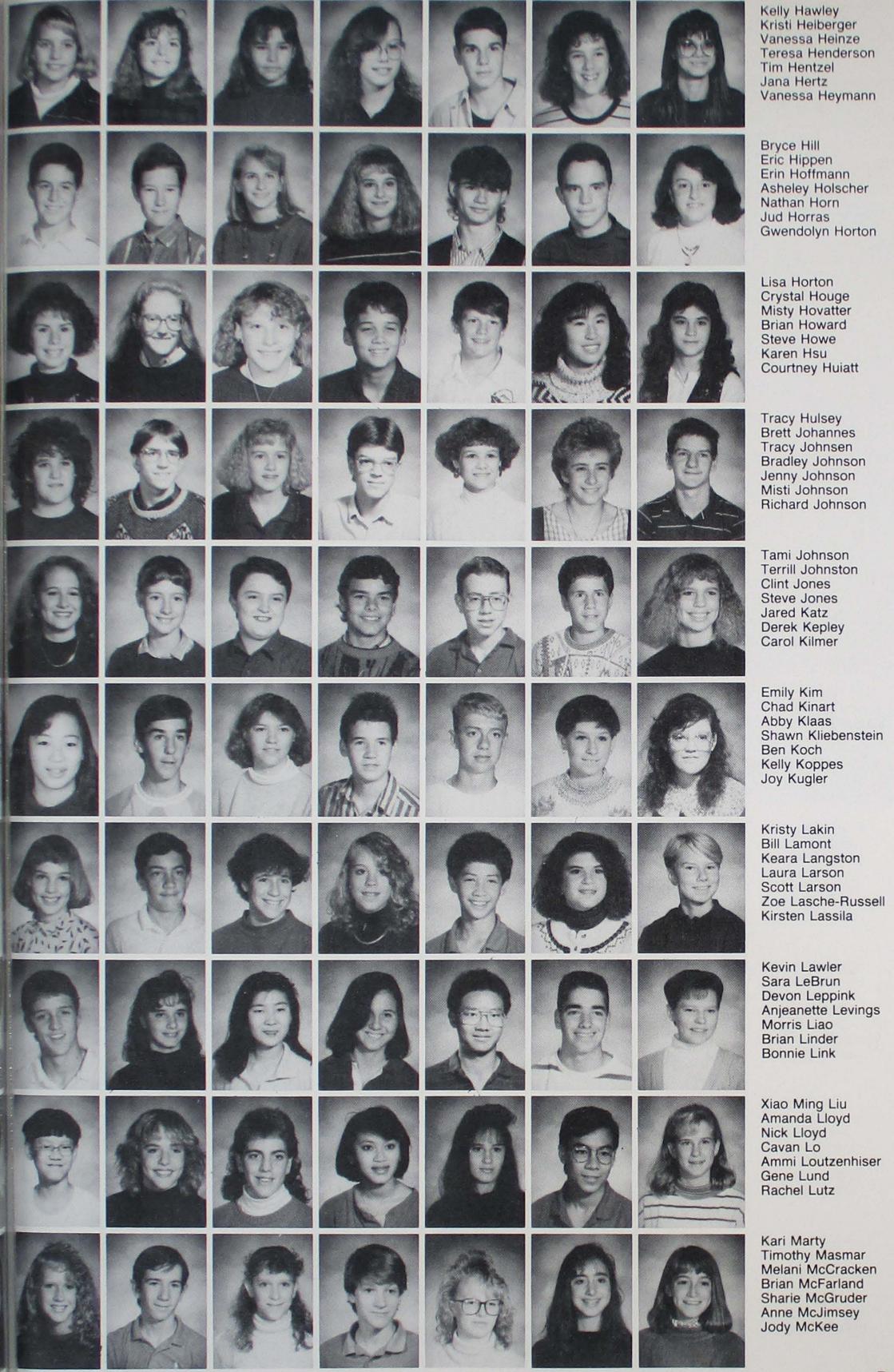
Hillary Firestone Jennifer Fisher Todd Flemmer Amie Flippo Ben Ford Sarah Frette Pablo Fuertes

Scott Gabrielson Daniel Garcia Amy Gardner Danny George Jonathan Good Shawn Gould Nick Gowdy

Jeremy Grady Kristi Gray Frank Greer Brian Greif Corey Groepper Greg Gwiasda Mark Gyllstrom

David Haglund Judy Hamilton Kyle Hanson John Harp Ryan Harris Rebekah Hartman Christine Hausner





Adam McLaughlin Brian McPeak Erica Merkley Carmen Milla Jason Miller Georgia Montgomery Collin Moon Ann Moore Jeff Moore Susann Moore Joel Morain Anne Moutray No'man Muchena Andrea Muchinsky Nicole Muelhaupt Rubina MuKerjea Melissa Mundt Tendai Muyengwa Nilesh Nalotam Molly Neal Meghan Needham Joey Nelson Chad Newhouse Bliss Newton Jennifer Ng Toby O'Berry Mark Okiishi Mike Olson Dave Opheim Steve Orning Kelli Oshel Collin Paige Heather Parks Dan Patrick Dana Patterson Sarah Pepper Katy Peters Jason Piekema David Pollard Leigh Ann Powell Bryan Rademacher Matthew Randall Kelly Randles **Brad Rayhons** Christine Recker Valerie Reed Ryan Reeder Scott Reger Tim Reger Kelly Remsburg Lonna Rensick Dan Ricketts Susie Rogers Jason Ruebel Chad Sailsbury Keith Sansgaard Kim Schropp Kim Schweikert Amanda Scott Robert Scott Valerie Seats Serra Sermet Steve Shapiro Jennifer Shierholz Angie Shirk Kelley Shonrock A. J. Skahill Nathan Skank Mark Skluzacek Joshua Slaughter



nergy in aluminum cans

Josh Murphy

You wake up in the morning feeling groggy and dreary. Another eight-hour day of school looms before you. Only one thing can drag your exhausted body out of bed. You want it. You need it. It's an addiction. It's caffeine.

In order to stay awake during the day, many students drank caffeinated beverages before and during school. To get a head start on the day, junior Sam Shearer chugged Mountain Dew with her Cheerios.

a big pick-up in the morning. If don't get Mountain Dew in my body by 1:00 I begin to go through severe withdrawl," Shearer said.

Although students found that affeine helped them survive a stressful day, excess caffeine aused problems such as loss of appetite and insomnia. Some hysicians advised students to

cut it out of their diets.

"At one time I had to drink Coke constantly, but now I try to drink anything without caffeine because it's better for my health," freshman John Tannehill said.

Even though soft drinks proved popular among students, some turned to other sources for caffeine.

"The only time I drink coffee is to stay awake. I don't like it. but I need it to keep me from falling asleep," senior David Andre said. "Coffee increases my alertness, but I've become so used "I don't like coffee and I need to it that normal amounts don't affect me much."

> Many students used caffeine to stay awake and as a source of energy; others found that caffeine did not affect them.

> "Although I drink Dr. Pepper wherever I go, I don't get a caffeine high off of it. I just like to have a taste of it every day," sophomore Amy Bartsch said.

Whether it was coffee or cola.



an addiction or "just for the taste of it", caffeine kept students go-

Taking a break from class, senior Tara Hensley sips a can of Mountain Dew to relieve tension. Hensley's craving for caffeine was made apparent through her large collection of "Kwik Kwenchers." (Photo by Staci Dooley)



Angela Smith Barbara Smith Sarah Smith Sheryl Smith Michael Sondall Josh Speck Jacinda Stanton

Paul Stewart Donna Stinehart Marie Stover Jason Strum Tony Sugiri Jeanne Sundstrom Randy Swett

Bryn Takle John Tannehill Anna Terpstra Andy Thomas Heather Thompson Matt Thompson See Thongsouk

Jason Tice Karin Tollefson Erik Tosten Liz Trede Tyson Troxel Leah Uhlenhopp Anissa Umbaugh

Jeff Uhrhammer Diana VanderSchaaf Adrienne Van der Valk Anna Van Deusen Scott Vaughan Tim Veale Suzanne Vogel

> Cara Wagner Kris Walker James Wang Hagen Watts Travis Webb Trudi Weis Jeff Weiss

Jennifer Weiss Aaron Wells Carlos Wesley Jill West Katherine Whitaker Martha Whitaker Jamie White

Brian Whitham Ashia Whittington Trevor Wierson Rachel Wilke Sara Williams Kevin Wilson Ruth Wilson

Kim Windom Aaron Wombacher Audra Woodin Geoff Woodman **Bradley Wuhs** Bill Yerkes Jolene Young

Jason Younie Missy Yungclas Joshua Zacharias





























Chad Black Marsha Blair Shannon Dau April Fatka

Michael Greene Christine Kauffman Joseph Lueth Jeremy Moore

Angelina Moore Adam Needs Jose Riesco Andy Rozewski

Daniel Sterk Rattan Ticku

Sophomores





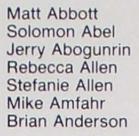


























Holly Anderson Matthew Anderson Seth Anderson Tammie Andre Teresa Andrews Tim Arp Steve Baccam

D rivers paid their dues

-Jennie Jones

"Mom, Dad, it wasn't my the driver. fault - I swear! I just looked up and this tree was right there, I only glanced away for a second. The car? Oh yeah by chance?"

ented society, accidents were a common occurrence. And high school students seemed to have them more than anyone (just ask the insurance agencies). Driving a car looked easy enough, but weird things could and did happen behind the wheel.

"I was driving along the street, and when I down-shifted, the stick came off in my hand! I tried to put it back on, and it wouldn't go, so I pulled over in front of a driveway. The people called a tow truck and hauled my car away," senior Shannon Fultz said.

In some instances, the car was at fault. But more often, the cause laid in the hands of

"I always went out and started my sister's car and pulled it into the driveway on winter mornings to warm it up. Once I didn't ... have you heard of Maaco scrape the windshield and I almost hit a car when I was pulling Living in such a motor-ori- out. I swerved to miss it, and ran over a fire-hydrant. We were a little late that morning," sophomore Jennifer Ballantine said.

> Even if all precautions were taken, fate may have stepped in to ruin a driving record. It might have been a slippery road, a fallen tree, or a little 'furry friend'.

"I was driving home and had just come over a hill when I saw a raccoon in the middle of the road. I swerved to miss it, but lost control and went into the ditch. I flew 50 yards into a corn field before coming to a stop. When I got back on the road, I discovered I'd run over the raccoon's tail and he had to be shot anyways," junior Jesse Pease said.



Accidents did happen, but parents might have been more tolerant if they didn't know their kids' driving tactics.

When a moving object collides with an immovable object, something has to give. It's easy to see what 'gave' in the confrontation between sophomore Bryce Freeman's car and a telephone pole. (Photo by Laura Zachary)

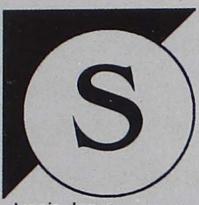
Shlomi Baer Kiran Baikerikar Jennifer Ballantine Levi Bappe Amy Bartsch Scott Belzer Wystan Benbow

Tom Bern Jae Bernard Peter Bernard Chris Berrett Eric Bibler Amy Biechler Cassandra Biggerstaff

> Angela Bochmann Jeremy Boekelman Shannon Boever Carrie Booms April Borschel Cheryl Bortz Paul Boyd

Vesper Brace Nanette Brcka Colin Brennan Tina Brown Sarah Buchwald Chris Bundy Chris Burkheimer





oaps livened updaytime

-Jennie Jones

Once upon a time, before watching TV became the national past time, the word 'soap' had one definite meaning. Nowadays however, if someone asks you what your favorite soap is, they probably wouldn't be talking about Irish Spring. Instead, they would likely be referring to the on-going daytime at their sheer outrageousness. dramas that document the lives of the beautiful and rich.

Young and the Restless' during the summer before seventh grade because my friend Amy Carey hooked me on it. I've only missed a few episodes since then because I tape it and watch it every day after school," sophomore Kelly Craig said.

Not all soap fans could watch their shows so religiously. Instead, they developed plans to keep up with the storylines the best they could.

So now I tape only Mondays and Fridays because that's when major events happen," junior Christy Scott said.

With soaps, major events usually occurred every other day. But it was that drama that kept viewers 'tuned in'. Some people considered the events as situations that might happen some day, while others laughed

"My sister and I watch soaps so we can pick on the plots. You "I started watching 'The just know what's going to happen before it does, and the characters take so long to make simple decisions," senior Jim Lacasa said.

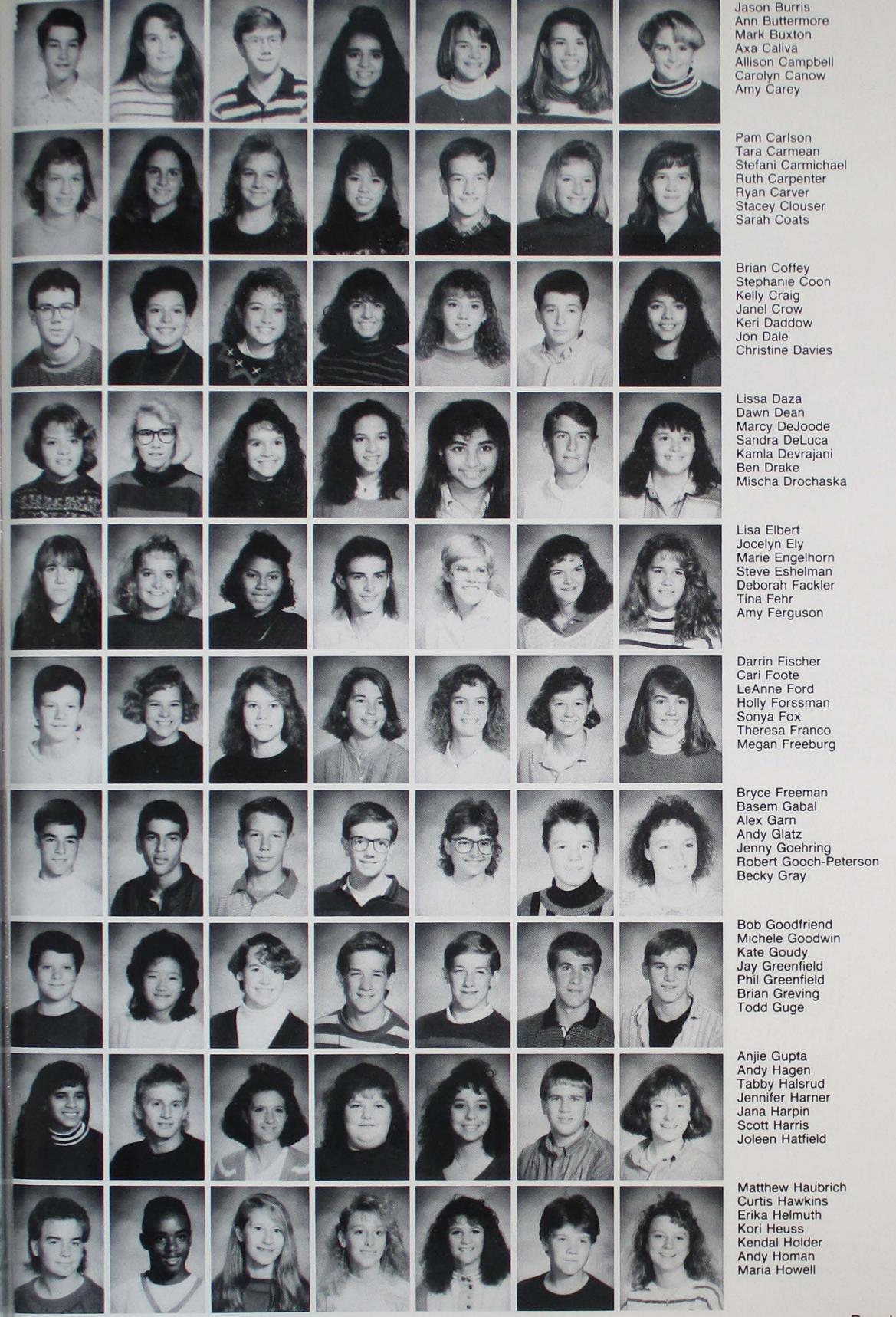
> "Whenever I need comic relief I watch soap operas. Somebody is always pregnant or having an affair. And they're the best example of bad acting that I've ever seen," junior Jessica De-Jong said.

While these shows weren't exactly accurate portrayals of "I used to tape them every society, they could usually cheer day, but I'd never see them all. up your day. After all, what's a



'C' in physics compared to your husband coming back from the dead?

The never-ending drama of soap operas kept fans watching day after day Sophomore Neena Paul taped her favor ite soap every afternoon so she coulc see it when she had the time. (Photo by Laura Zachary)



Brenda Jackson Jeff Jansen Jeff Johnson Kjersten Johnson Tommy Johnson Aaron Jones Mindy Jones Jeff Kaezmarek Del Keigley John Kelly Julie Kelso Farshid Khosravi Aaron Klatt Karin Klocke Summer Knudtson Jim Krogmeier Mike Kubera Jeanette LaFoy Jamie Lang Tina Langston Dane Larson Mike Larson **Bret Larwick** Amy Leeman Aaron Lehmkuhl Tracy Leith Brian Lewis Allison Lindley Jamie Lingelbach Peter Loutzenhiser Rebecca Lueth Jay Lyon Andrew Maddux Marc Maehner Kim Marshall Eric Martin Andrew Masmar Jon McAndrews Phil McConnell Kristin McGinness Jim Meadows Cathy Melvin Mark Milleman Lisa Millen Megan Miller Renee Millerbernd Larry Mitchels Jennifer Moehlmann Jason Moore Jason A. Moore Jeremy Moore Lisa Moore Tammy Morrison Jason Moutray Beth Muller Alan Murdock John Murphy Ashley Myers Nick Nakadate Luisa Narro Kari Nass Betsy Neibergall Wendy Nelson **Eric Nesset** Truc Nguyen Jamie Niemeyer Greg Nikkel Juli Nordyke Stacey Nutt Derek O'Riley

njuries tested resources

Jenni LaVille

What a nightmare! Imagine taking about half an hour to complete simple tasks such as combing your hair, getting a drink of water, or walking a flight of stairs. For students who experienced injuries, this became a reality.

"I was in a wheelchair at first because the doctors knew I was still in a lot of pain and they didn't want me to get knocked down by other kids in the hall. It was really hard to get where I needed to go, and basically I felt helpless," junior Danny Wilson said after breaking his leg skiing.

Dealing with any injury ing hand. brought new challenges. For the athletically inclined, it usually meant the end of a season.

"During a wrestling match, I landed with my arm extended and the guy I was wrestling came crashing down on my arm, and it snapped. I can do basic things like making my own

breakfast, and I can even drive. But I'm out of sports for the year," senior Kon John said.

Students with arm injuries often had great obstacles to overcome when it came to writing assignments. Falling behind in school became a major prob-

"When I injured my arm, I had a lot of trouble in school when I tried to write with it because it was so tiring. Usually I wrote with the other hand. I'd also photocopy people's notes from class when I couldn't keep up." sophomore Andy Hagen said.

Most students were sympathetic and willing to lend a help-

"After I fractured my knee, all my friends at school carried my books around and helped me get things I needed," freshman Nick Benson said.

bulky casts and restrictive braces was challenging. But with patience and the help of



Getting around school with their friends, injured students coped with their disabilities.

Making due with crutches, junior Danny Wilson leaves the Media Center early to get to his class on time. Wilson was injured in a skiing accident when he collided with a chair-lift support. (Photo by Laura Zachary)







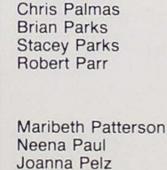












Nathan Pelzer Becci Pennington Michelle Peters Dave Peterson

Sara Olberding Emily Olson Krista Olson







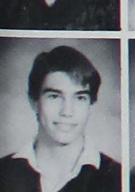


























Adam Readhead Beth Recker Mike Reilly Chris Rehbein Jennifer Remsburg Joel Reynoldson Gustavo Riesco

Old habits never die

-Becky Dill

Using Oil of Olay and taking Geritol are things adults do to stay young. But what did students do to recapture their lost days of youth?

Many students found the fountain of youth through cartoons. The Fox network introduced a new cartoon family to their Sunday evening lineup, "The Simpsons", whose comedy proved enjoyable for at least one student.

"I enjoy watching 'The Simpsons'. It's a really neat cartoon for both kids and adults. It's funny and fun for all," senior Wendy Stevenson said.

Other students found the key to their youth was stimulating their minds through learning.

"I keep my brain young by studying whenever I can and better educating myself for the future," freshman Jason Miller said.

Another student discovered he could feel younger just by

maintaining the energy of a young boy.

"I love to downhill ski. It keeps me fit and brings out the kid and animal in all of us," senior Kirk Thompson said.

One student quickly found his youth recaptured when Christmas morning brought a surprise. He discovered his parents didn't think he was quite as grown up as he thought.

"I got an electric car racing track for Christmas. I loved it and I played with it all Christmas day," junior Jesse Pease said.

Sticking Silly Putty to the newspapers was soon forgotten as students learned reading comics could be just as fun, and some continued as they grew older.

"I like to read the comics in the newspaper; it was something I always did when I was a child, so why should I stop?" sophomore Amy Bartsch said.

Whether it required watching cartoons or studying, students

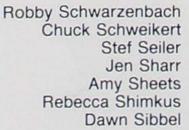


still found they had the means to stay young.

Placing books in his locker afte school, junior Chris Van Auken prepare to go home for the day. Chris was one the few students who still had and wor his Mickey Mouse t-shirt to school (Photo by Becky Dill)

Renee Ripp Jim Robbins Bill Robinson Mark Robinson Alison Rohden Dayna Ross Troy Rutter

Marcus Ryan Dan Sailsbury Alison Sams Joseph Schafer Lynn Schomaker Kelley Schram Robyn Schwartz



Joy Siebert Mindy Sinn Michelle Smith Oune Somsanith Jeff Spencer Chrissy Spike Chad Steenhoek



































Andrew Stevenson Mark Strahan Michael Stromley Eric Strong Pita Stubben Mark Sutch Brian Sutton

Heather Swanson Rob Swanson Meghan Sweet Jason Swift Amy Swyter Matt Thomas Wendy Thompson

Josh Twait
Nathan Uemura
Laura Vermeer
Spenser Villwock
Amy Wagner
Wendy Ward
Eric Warme

Jamie Weiss Matt Welch Niki Wendt Lisa Wharton Scott Whiteford Brian Wierson Val Wilcox

Jamie Wilhite Christine Willard Brian Wille Guy Willey Nova Williams Maurice Wilson Ryan Windsor

Christian Wineinger Chris Winkler Angie Wittmer Danielle Wright Becky Yeung Tem Yom



N) ot Pictured

Suitemmah Abbasi Jonathon Cafferty Gus Carlson Malgorzata Drzymala Jennifer Gladon Bona Lueth Tim McDorman Maryln Mitchell Adrienn Nagy Mai Thongsouk Kimberly Wirtz Laura Young

Juniors

Dave Abelson Carey Adams Devon Alexander Kimberly Allen Steph Alt Kim Angell George Applequist

Sean Bakken Vaseem Baig John Barnett Sumit Basu Colleen Berg Mike Bergan Jody Berger











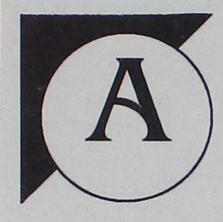












ctivities took priority

-Karen Heggen

Over-extended, over-involved and overwhelmed are all words used to describe some stucouraged students to get involved, but some became so involved that getting homework done was difficult.

"It's hard sometimes to find couraged just the opposite. time for homework; I get home and I'm tired," freshman John Tannehill said.

But many students did find Todd Hawbaker said. time for studying. Staying up extra time for homework.

"I think I'm Wonder Woman and get involved in everything. Then I'll procrastinate until the last day so I end up pulling an all nighter to get things done," junior Catherine Woodman said.

Being active also forced some students to manage their time.

"I feel that I wouldn't be as inclined to get my homework done if I weren't active," sophomore Bryce Freeman said.

That activeness was hereditary for some students.

"My parents like to see me acdents. Parents and teachers en- tive in volleyball, Senior Girls' Club and Volunteers. They have always been active in things," senior Christa Jungst said.

In other cases, parents en-

"My parents hate me working late from practice, I have to eat so much. They think I should quit my job and spend more time studying. But I won't quit," junior

Many students that got inlate or waking up early allowed volved tried to participate in activities that could prepare them for college or a career.

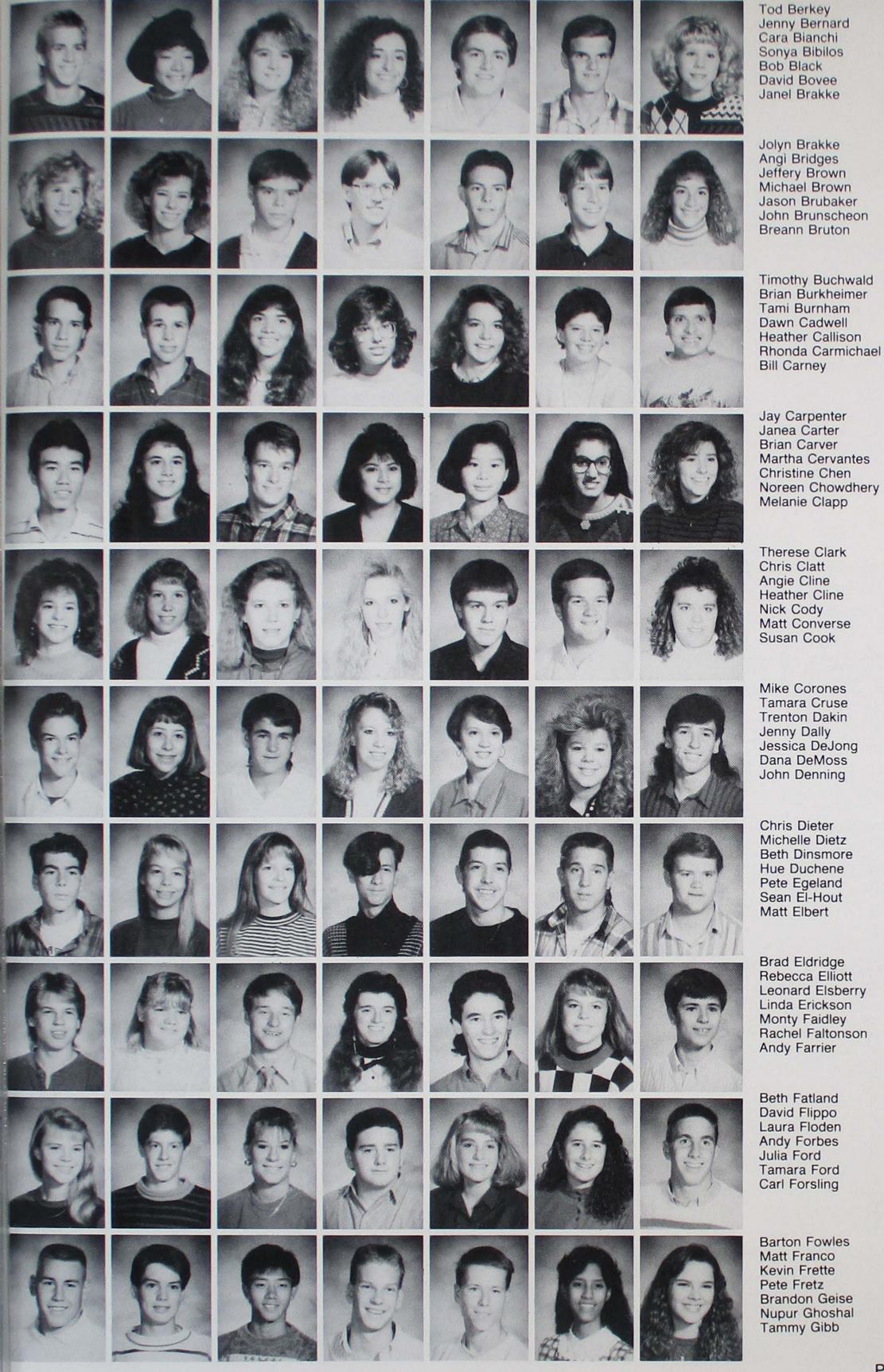
"A lot of what I'm involved in, such as community theater and music festivals, pertains to what I plan to do in the future," junior Margaret Lloyd said.

Despite being over-extended, many students found being involved beneficial if they allowed time for schoolwork. Often parents, who limited activities,



helped provide this time.

Students participating in many activities found it a challenge to fit all of their supplies in their lockers. Trying to make the most of his space, junior Joe Nelson rearranges his locker. (Photo by Laura Zachary)



Alicia Gilley Kirstin Girard JaTam Godwin Ben Goodwin Dayna Gorsh Sheri Goshorn Brian Gouran Nathan Grebasch Kevin Greisch Brandee Griffin Scott Groat Shay Grundmann Scott Gunnerson Mike Haley Christine Hall Chris Hampson Krista Handeland Jason Hanks Jason Hansen Keri Harlan Cindy Hawley Damon Hawn Claire Haws Cary Heggen Karen Heggen Krista Heinzig Staci Hendricks Robert Hentzel Matthew Hill Brandon Hinderaker Tim Hoekstra Fred Hoiberg Elizabeth Holder Tammy Horness Brian Hostetter Connie Hsu Peg Hrabak Donald Huber Suzi Hunger Christie Hunt Dawn Hunter Wyn Huntington Ben Jackson Kara James Jay Johnson Mike Johnson Solveig Johnson Samuel Johnston Jennie Jones **David Jurgens** Rob Kain Quinten Kann Bill Kannel Burkhard Kaup Sean Kenealy Staci Kepley Mike Ketelsen Angie Kim Frank Klaus Garry Knapp Tracy Knechel Nathan Koch Jason Kotouc Kurt Lakin Brad Lanxon Amy Larson Tuan Larson Scott Latterell Jenni LaVille Dragus Lawson



G lasses make a statement

-Holly Anderson

Did you ever feel that your wardrobe just wasn't quite complete? Some students found that creative evewear was the perfect accessory to an outfit.

"I sometimes wear glasses without a prescription for tests they make me feel more intellectual. I also use them to vary my wardrobe according to my mood," sophomore Sandra De-Luca said.

glasses without a prescription changed the way people saw them.

"I wear them to put forth a different image. You put them on n the morning and it just makes the day seem a little different, people notice you," senior Tom Friedrich said.

Other students wore colored contacts to add variety to their appearance.

"I just wanted something a litle bit different. I thought these vere a funky color," sophomore Renee Ripp said.

Many felt colored contacts vere a better alternative to glasses.

"I hated wearing my glasses; my contacts are a prettier color than my eyes anyway," sophomore Kjersten Johnson said.

Once they grew used to a new eye color, many students refused to go back to their original shade.

"I won't go back to the natural color of my eyes because it's too grey and boring. Changing the natural color of my eyes Some students felt that made me feel different; people notice them more often," freshman Alison Doyle said.

> But after wearing colored contacts, some students found they preferred their own eye col-

"It makes me feel like I'm cheating God in some way. I like the color of my eyes; I think the next time I have to get new contacts I'll go back to my natural color," junior Cara Peterson said.

Colored contacts and nonprescription glasses became popular accessories, not only to spruce up outfits, but to make a personal statement.



Choosing from a variety of non-prescription glasses, junior Margaret Lloyd discovers the frame best suited for her. Several students wore glasses without prescriptions to change their appearance. (Photo by Laura Zachary)

Mary Mohler Andee Moore Lisa Moore George Morden Nicki Moreland Amy Murphy Fungai Muyengwa Aaron Nelson Joseph Nelson Tia Nemitz Dawn Newhouse Joe Newman Jim Nguyen Yinan Ni Jamie Nicholson Niki Nilsen Jaime Ogbourne Kim Oldehoeft Chris Ollila Laura Orning Tim Oshel Scott Ottoson Jesse Pease Eric Peters Lisa Petersohn Cara Peterson Brian Petrus **Becky Pies** James Potter Andrea Powell Nicki Praty Charles Puffer **Dwaine Purdy** Vicky Rainey Flora Ramsey John Ramsey Tim Randles Rhonda Ratashak Tata Rattanavongsa Cade Remsburg Michelle Rice Angela Rickert Becky Rieck Kari Rosenbusch Rob Sage Michael Sakkers Stacy Salvo Barrin Sanache Nicci Sartori Heather Schafroth Jason Schaufenbual Angie Schenek Brett Schilling Christy Scott John Seim Bill Seliger Travis Senne Samantha Shearer Ron Shinar Lauren Simonds Jodi Skaff Amy Slater Dax Slaughter Erik Smedal Kristina Smith April Soden Chris Sowers Sarah Spear Rachel Stansbery Matt Stevermer



Y)o, is that a brand name?

Becky Dill

"Oh wow, look at the hot dude over there, he's really a beefcake," Candi said to her friend Muffy. "I think he's wearing a Ralph Lauren Polo shirt; couldn't you just die?"

"Look again you bimbo! It's not a Polo; it's some no-name brand. I don't talk to a guy unless he wears brand names," Muffy said.

Brand names once began as a simple tag in someone's clothing. But some students found them meaningful.

"I'm very materialistic. I like brand names. I like the way they look and the recognition I get when I wear them," senior Julie Hanson said.

Some students felt differently about the emphasis put on the tag in a person's clothing.

"Brand names are overrated: too many people worry about the brands they're wearing and not the clothes," junior Brandee Griffin said.

One student felt very strongly about students who always felt they needed to wear brand names.

"I think people who wear brand names are stuck up. To only buy something because it's Esprit is really snotty," freshman Jill West said.

Another student agreed that brand names were not important. They felt that name brands only created a false status for the person wearing them.

"Brand names are a joke because you're just paying a lot of money for the name. People judge others on the brand of their jeans," junior Brian Petrus said.

And even though brand name clothing was often outrageously priced, some students still found the excuses to need them.

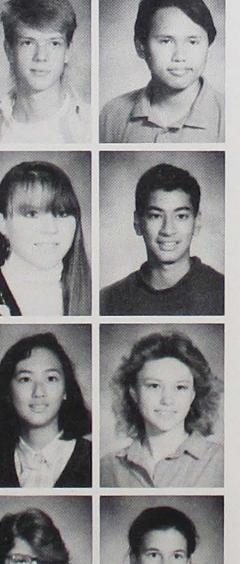
are expensive, but they look better and feel better," senior Brian Krausman said.



"I know name brand clothes If students chose to deck themselves out in Gucci or Polo, they still found a way to show their individual style.

Leaving his house to go to school, junior Chris Hampson sports a Ralph Lauren Polo shirt and a pair of Oakley sunglasses. Both of these brands were seen on students in and out of school. (Photo by Becky Dill)





Jennifer Stewart Jami Stiles Nicole Stocks Jeremy Stone Ramona Stubben Jason Stutzman Punto Sugiri

Scott Sundstrom Rhonda Taylor Susan Taylor Tasha Terrones Missy Thomas Colista Thompson Jonathan Ticku

Holly Thorson Cory Toomsen Mary Trahanovsky Anjali Trivedi Mira Trivedi Vicki Tsai Donna Tweet

Amy Tyler Sarah Uhlenhopp Sarah Van Deusen John Vander Gaast Katherine Vaughan Jennifer Vennard Caroline Von Meding

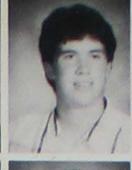
Brandy Walker Julie Wengert Mark Wessman Addie West Chad West Nathan Wetter Mary Whaley

Anya Whigham Melissa Wierson Geoff Wilcken Ange Wilson Matt Willard Chris Wilson Danny Wilson

Alan Winge Tate Womack Catherine Woodman Lin Xia Connie Yi



































N) ot Pictured

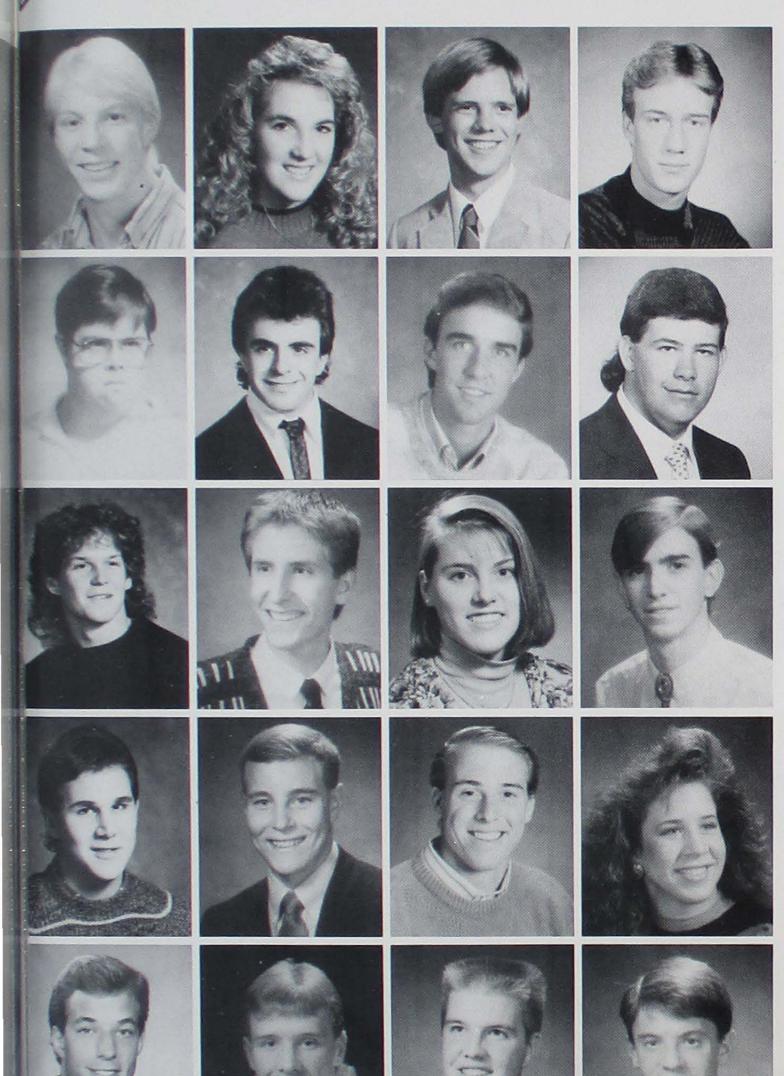
Nader I. Abdelsadek Brian Allen Joseph Banks Elizabeth Clark Heather Claus Radha Dahiya Bryce Daniels Ryan DeJoode

Craig Dentlinger Rachel Donaldson Sylvia Ethington Jason Gorsh Todd J. Hawbaker Mike Heintz Jennifer Hethcote Lisa Robin Hunt

Remi lyewarun Joel Johanns Melissa Johnson Jennifer Kellen Leonard Keltner Tanya Kruger John Larson Lucinda Lewis

David Lyon Jamie Nicholson Anthony Palmer Gary Smith Michele Stowe Chris Van Auken Chad Watson **Brad Witte**

seniors



Jeff Alfred: Track 10; Swimming 10, 12; Football 9, 10, 12. Krista Allen: Freshman Choir; "SPIRIT" Staff 10; Small Group Vocal Contest 11; Cheersquad 9, 10, 11, Captain 12; Concert Chorale; Powderpuff 11, 12; Senior Girls' Club. Daniel T. Anderson: Football 9; Chess Club 9, 10, 11, 12; Play Cast 9, 10, 11, 12; Thespians 9, 10, 11, 12; Speech Club 10; Concert Choir 10, 11; Concert Band 10, 11, 12; Chamber Singers 10, 11, 12; All-State Chorus 11, 12; Academic Decathlon 11, 12; Concert Chorale 12. Monte Anderson: Basketball 9; I Ball 10, 11.

Tom Anderson. David Andre: Chess Club (State Champion) 9, 10, 11, 12; Play Productions "Hamlet," "Beggar on Horseback," "Insight," "Antigone," "I'm Sorry the Bridge is out . . . ," "Blood Wedding," "Damn Yankees," "Return of the Pink Panther," "Dark Ride," "Rally 'Round the Flag Boys"; One-Acts 11, 12; Thespians 10, 11, Vice-President 12; Quiz Bowl 9, 10, 11, 12; Mock Trial 9, 10; Rules Committee 10; Amnesty International 12. Chris Andrews: I Ball 9; Track 9, 10, 11; Cross Country 9, 10, 11. Scot Angus: Football 9, 10, 11, 12; Baseball 9, 10, 11, 12; I Ball 9, 10, 11, 12.

Rob Armstrong: VICA 12. Jeremy Babcock: Freshman Senate; Freshman Band; Jazz Band 9, 10, 11, 12; Marching Band 9, 10, 11, 12; Environmental Committee 9, 10, 11, 12; Pep Band 11, 12; Concert Band 11, 12; I Ball 12; Symphonic Band 12. Eldree Baer: Freshman Mixed Choir; Swimming 9, 10, 11, 12; Track 9, 10, 11, 12; Volunteers 10, 11, 12; Junior Senate; Senior Girls' Club. Michael Bailey.

Chad Baker: Pep Band 9; Varsity Band 9, 10; Marching Band 9, 10; I Ball 9, 10, 11, 12. Eric Bappe: Football 9, 10, 11; Basketball 9, 10, 11; Baseball 9, 10, 11; Volunteers 11, 12; I Ball 12; "Web" Staff 12. Craig Barnum: Track 9; Basketball 9, 10; Baseball 9, 10, 11, 12; Football 9, 10, 11, 12; I Ball 11, 12; Homecoming Court 12; Powderpuff (Coach) 12. Genny Bates.

Steve Beaudry: Basketball 9; Marching Band 9, 10; Varsity Band 10; Cross Country 9, 10, 11, 12; Track 9, 10, 11, 12; Soccer 9, 10, 11, 12; I Ball 10, 11, 12; One-Acts 12; Concert Chorale 12; Ambassadors 12. Jason Bennett. Jason Berg: Hockey 9, 10, 11; Baseball 9, 10, 11, 12; Football 9, 10, 11, 12; I Ball 9, 10, 11, 12; Volunteers 9, 10, 11, 12; I V-ball 10; Powderpuff (Coach) 12. Dan Bergan: Freshman Senate; Track 9, 10, 11, 12; Cross Country 9, 10, 11, 12; Sophomore Senate; I Ball 10, 12.

Ross Bittner: Freshman Choir. Deborah K. Bitz: Marching Band Twirler 9; Senior Girls' Club; DECA 12. Nathan Block: Cross Country 9, 10, 11, 12; Track 9, 10, 11, 12; Speech Club 12; Junior Senate; Senior Class Treasurer; Airbands 12; I Ball 10, 11, 12; Homecoming Court 12; Volunteers 12. Douglas A. Bock: Soccer 9, 10, 11, 12; I Ball 9, 10, 11, 12; Speech Club 12; I V-ball 9, 10, 11, 12; "Visions" Sports Editor 12; Football 9, 10; Spanish Competition 12.

Kirstin Born: SADD 9; Rules Committee 9; Play Production 10; Volunteers 11. Brian Bowman: Baseball 9, 10, 11, 12; I Ball 10, 11, 12; IV-ball 11, 12. Eric Brant: Varsity Band 9, 10; Concert Band 11; Marching Band 9, 10, 11; Pep Band 9, 10, 11; Stage Band 9, 10, 11. Heidi Brayton: Orchestra 11, 12; Chess Club 11, 12; I V-ball 11, 12; Accompanist 9, 10, 11, 12; "Scratch Pad" Board 11; German Competition 11; Junior Senate; Marching Band 10; Varsity Band 10; Jazz Band 10.

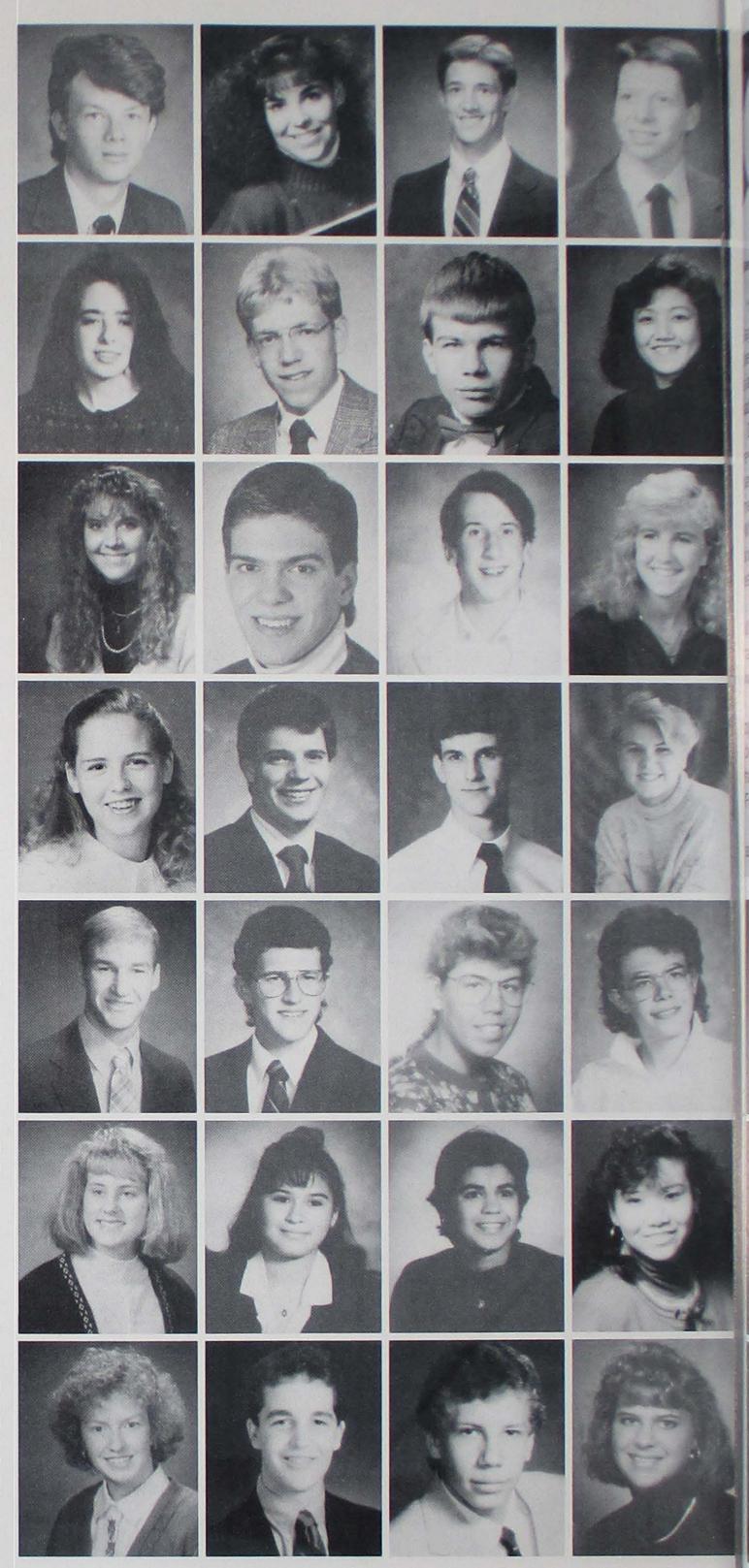
Darice Michelle Brinkman: Powderpuff 10, 12; DECA 12; Terpsichore 11; Choreographer 12; Senior Girls' Club; Volunteers 11, 12; Yucatan Dancer 12; Ambassadors 10. Michael Brower: Baseball 9, 10, 11, 12; Volunteers 11, 12; I Ball 9, 10, 11, 12; I V-ball 10, 11. Fred Brown. Angela Brunner: DECA 12; Boys' Swimming Manager 9, 10, 11, 12; Swimming 9, 10; Volunteers 9, 10, 11, 12.

Eva Bryne: Swimming 9, 10; Thespians 10, 11, 12; Play Production 10, 11, 12; Drama Activities 10, 11, 12. David Burnett: Senior Senate; Baseball (Manager) 10; I Ball 11, 12; I V-ball 10, 11. Andrew Buttermore. Lanai Byg: Varsity Band 11; Concert Band 12; Symphonic Band 12.

Brian Campbell: Cross Country 9, 10, 11, 12; Track 9, 10, 11, 12; Basketball 9, 10, 11; I Ball 12; Freshman Senate; Sophomore Senate; Junior Senate; Senior Senate; Student Council 11, 12; Homecoming Court 12; Volunteers 12; Handicapped Integration Committee 11, 12. Michael Cantonwine: Play Production "Beggar on Horseback," "Blood Wedding," "Damn Yankees," "Dark Ride"; Drama Activities 10, 11, 12; Thespians 12; One-Acts 10, 11, 12; IV-ball 11, 12; Odyssey of the Mind 10; Soccer 9, 10; Chess Club 10, 11, 12. Brenda Carlson: Powderpuff 12; Speech Club 10, 11, 12; Track 11, 12; I Ball 9, 10, 11, 12; Mixed Chorus 9. Sharon Carlson.

Tamra Carmean: Cross Country 9, 10, 11, 12; Track 9, 10, 11, 12; I Ball 10, 11; Powderpuff 9, 10; Senior Girls' Club; Cheersquad 9. Gabriela Cervantes. Pramilla Chahal. Jenny Chen: Swimming 9, 10, 11; Tennis 9; Mock Trial 12; Big Sis/Lil' Sis 12; Volunteers 12; Powderpuff 11, 12; Mat Maids 11, 12.

Anne Cheville: Cross Country 10, 11, 12; Track 9, 10, 11, 12; Concert Band 10, 11, 12; Concert Chorale 11, 12; Junior Senate; Senior Senate; Speech Club 10, 11, 12; Senior Girls' Club; Basketball 9; Volunteers 11, 12; I Ball 11, 12; I V-ball 9, 10; Big Sis/Lil' Sis 11, 12. Matt Clark: Swimming 11, 12; Golf 11; Football 10; I Ball 9, 10, 11, 12; Concert Chorale 11, 12; Marching Band 9, 10; Freshman Band; Airbands 12. Paul Clausius: Varsity Band 10, 11; Pep Band 10, 11; Marching Band 9, 10, 11; Airbands 11, 12; Swimming 10, 11, 12; I Ball 9. Jean Clem: Terpsichore 11; Choreographer 12; Yucatan Dancer 12; Powderpuff 10, 12; Concert Choir 10, 11; Senior Girls' Club.



P icking-up was hard to do

Steve Wuhs

"Hey, baby! What's your sign? Sagittarius? Hey, I'm a Taurus, the moon's in Orion, and Jupiter is aligned with Mars. It's destiny, babe."

During the sixties and early seventies, that exchange may have been THE way to meet a member of the opposite sex. While music and fashion of the sixties returned during the year, astrology stayed in the archives.

Picking-up was a dying art. Many students felt that it was fake, and there were better ways to meet people.

"The only way to attract the opposite sex is by not trying to do it. If the attraction is going to happen, it will," senior Shannon niques. Fultz said.

But as picking-up slowly disappeared, a new set of stan-

dards for attracting potential mates strengthened. Personal hygiene and clothes took on larger roles.

"If they smell good, I might be attracted to them. But if they reek, whenever I think of them, I'll smell that odor," junior Niki Nilsen said.

But there were always those people who practiced the fine art of picking-up.

"I usually just go up to people in the media center and ask if I can borrow their eraser. It gets the conversation going," junior Scott Sundstrom said.

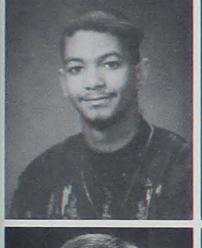
But for some students, the need for a companion led to the desertion of all other tech-

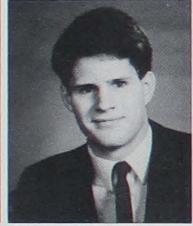
"I'll do whatever it takes if I can get a date," freshman Ryan Carey said.



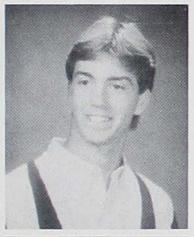
Although students found many ways to meet people, desperation sometimes even led to the return of "What's your sign?"

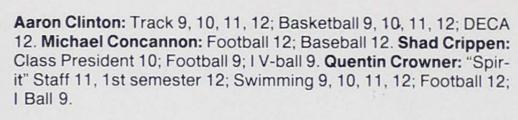
Chivalry really wasn't dead, as freshman Nick Lloyd proves to freshman Jennifer Ng while carrying her books to her next class. Many guys impressed their girlfriends with such behavior. (Photo by Staci Dooley)







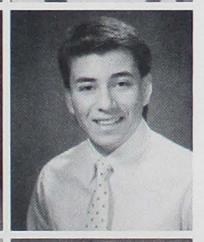














Jeff Dale: Basketball 9, 10, 11, 12; IV-ball 11, 12; Freshman Band; Marching Band 9; Sophomore Senate; Junior Senate; Airbands 11, 12; Track 12; Soccer 9. Debi Damstrom. Stephanie Davis: Cheersquad 9, 10, 11, 12; Homecoming Committee 12; Senior Girls' Club; DECA 12; "Spirit" Staff 1st semester 12; Volunteers 10, 11, 12; Powderpuff 9, 10, 11, 12; Basketball 9. Jaime Daza: Football 9; I V-ball 9, 10, 11; I Ball 9; Spanish Competition 10, 11, 12; Manager/Trainer 9.





Hester Dean: Cadet Teaching 12; Homeroom Officer 11; Girls' Swimming 10, 11, 12; Track 11; Swing Choir 9; Boys' Swimming Manager 11, 12. Tollif De Jong: Play Production: "Hamlet," "... The Bridge is Out..," "Blood Wedding," "Damn Yankees," "Pink Panther," "Dark Ride"; One-Acts 10, 11, 12; Thespians 12; Freshman Band; Varsity Band 10, 11; Concert Band 12; Symphonic Band 12; Marching Band 9, 10, 11, 12; Jazz Band 9, 10, 11; Concert Chorale 12; I Ball 11. Nicole Devens: Senior Girls' Club; Basketball 9, 11; Track 9, 10; Softball 9; Tennis 11; Cheersquad 9, 10, 12; Terpsichore Choreographer 12; Volunteers 9, 10, 11, 12. Rebecca M. Dill: "Spirit" Staff 11, 12; Track 9, 10, 11; Powderpuff 9, 10, 11, 12; Senior Girls' Club; DECA 12; Cross Country 11; I Ball 12; Drama Activies 9, 11; Airbands 12.

Dan Dobson: Band 9, 10, 11, 12; All-State Band 10, 11; All-State Orchestra 12; Music Contest 9, 10, 11, 12; Contest Accompanist 10, 11, 12; Soccer 9, 10, 11, 12; Model U. N. 9, 10, 11, 12; Thespians 10, 11, 12. Garth Dolphin: Cross Country 9, 10, 11, 12; Track 9, 10, 11, 12; Sophomore Mixed Choir; Speech Club 12; Environmental Committee 11. Staci Dooley: Girls' Basketball (Manager) 10; Ambassadors 11, 12; Senior Girls' Club; "Spirit" Staff 12; Powderpuff 9, 12; Volunteers 12. Ken Doran: DECA 12; Baseball 10; I V-ball 10; I Ball 9, 10.

Matthew Douglas: Marching Band 9, 10, 11, 12; Freshman Band; Concert Band 10, 11, 12; All-State Band 12; Jazz Band 9, 10, 11, 12; Pep Band 10, 11, 12; All-State Contest 10, 11, 12. Diane Dubansky: Track 9, 10, 11, 12; Terpsichore 10, 11, 12; Choreographer 11, 12; Powderpuff 9, 10, 11, 12; Senior Girls' Club; Volunteers 11, 12; Cross Country 11; I Ball 11, 12; Homecoming Court 12. Mark Eckhoff: Football 9, 10, 11; Swimming 10; I Ball 9, 10; Powderpuff (Coach) 12; Orchestra 12. Micheal J. Eischen: Football 10; I Ball 9, 10, 11; I V-ball 11.

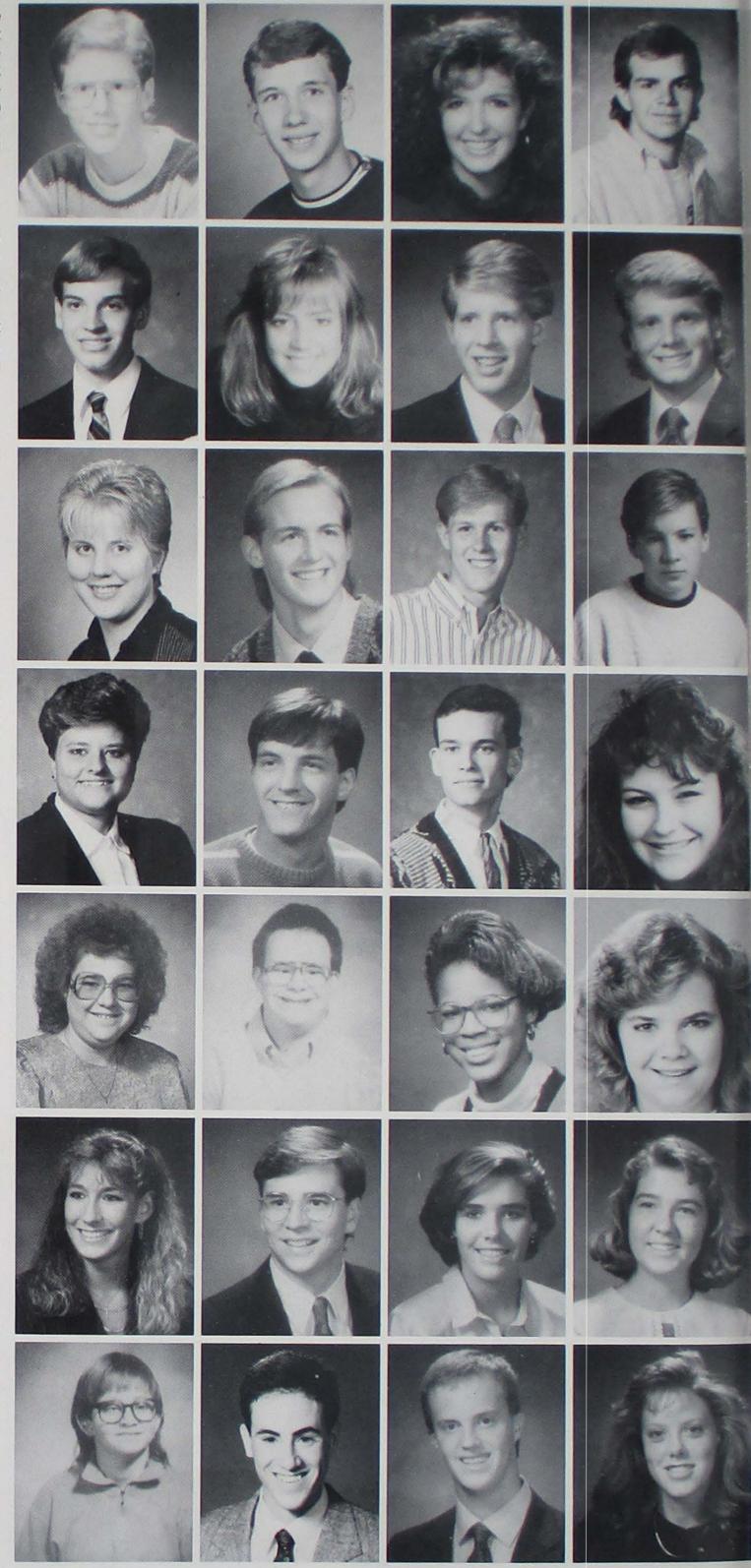
Beth Eitter: Terpsichore 11. Geoff Emmel: I V-ball 11. Jon Engelman: Wrestling 12. Dean Erickson.

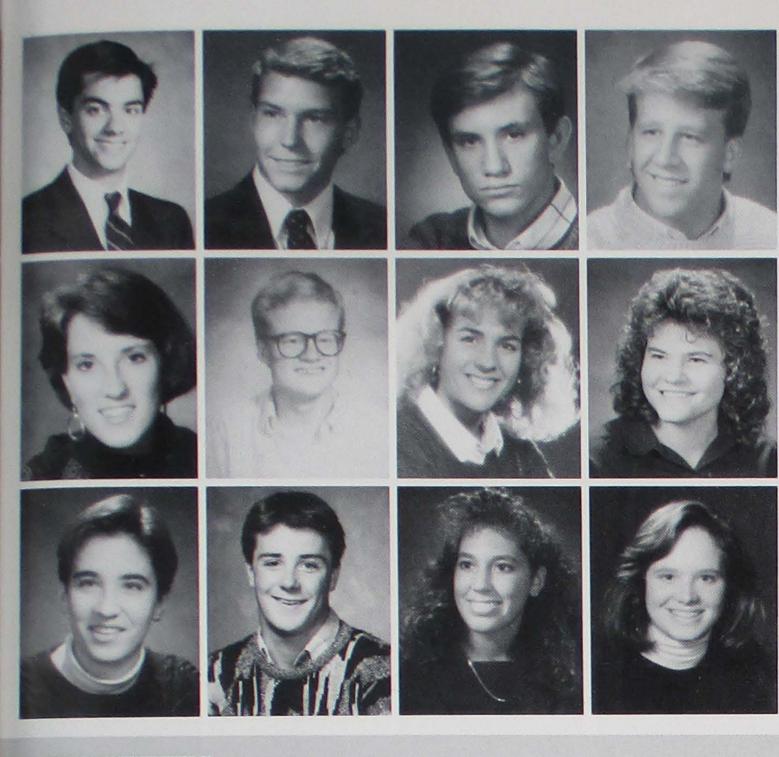
Christine Evans: Concert Band 11, 12; Symphonic Band 12; Jazz Band 9, 10, 11, 12; Pep Band 9, 10, 11, 12; Marching Band 9, 10, 11, 12; All-State Contest 11, 12; Madrigal 12; ISU Honor Band 12; SCIBA Honor Band 11; Varsity Band 10; Freshman Band. Jeremy Faden: Play Production 10. Chad Faidley. Jodie Farrington: Concert Chorale 12; Concert Choir 11; Sophomore Choir; Freshman Choir; Small Group Vocal 10, 11.

Lana Fehr: Special Olympics Track 10, 11, 12; Special Olympics Volleyball 10, 11, 12; Ambassadors 11. Chris Ferguson. Candace Fisher: Track 11, 12; Human Relations Committee 12; Airbands 11. Laurie Foderberg: Freshman Choir; Sophomore Mixed Choir; DECA 12; Mat Maid 10; Volunteers 10, 11, 12; Play Production "I'm Sorry the Bridge is Out You'll Have to Spend the Night" 11; Freshman Formal Committee.

Jennifer Folkmann: Track 9, 10, 11, 12; Cross Country 9, 10, 11; Marching Band 9, 10; Concert Band 9, 10; Volunteers 10, 11, 12. G. Kirk Foote: Speech Club 12; "Web" Staff 12; Yell Leader 12; Soccer 9, 10, 11, 12; Swimming 10, 11, 12; I Ball 9, 10, 11; Choir 9; Handicap Integration Program 11, 12; Strategic Planning Committee 11, 12; Airbands 12. Sarah Ford: Basketball 9, 10, 11, 12; Volleyball 9, 10, 11, 12; Senior Girls' Club; Track 9, 10; Spanish Competition 12; Homeroom Officer 11, 12; Spirit Staff 12; "Web" Staff 12. Deborah Forssman: Speech Club 12; I Ball 12; Basketball 9, 10, 11; Volleyball 9, 10, 11; Student Council Committee 9, 10; Freshman Senate; Sophomore Senate; Senior Senate; Freshman Class President; Senior Class Secretary; Senior Girls' Club; Homecoming Court 12; Big Sis/Lil' Sis 11, 12; Softball 9; Powderpuff 9.

Heidi Foust. Anthony Frasher: DECA 12; Swimming 9; Play Productions "Antigone", "Insight", "Beggar On Horseback". Tom Friedrich: Swimming 9, 10, 11, 12; Concert Band 12; Concert Chorale 12; Senior Class Tri-President; Homecoming Court 12; Ambassadors 12; Senior Senate; Student Council Committee 12; Jazz Band 12; Homecoming Committee 12; Pep Band 9, 10, 11. Shannon Fultz: Volleyball 9, 10, 11; Cross Country 12; Track 9, 10, 12; Softball 9, 10, 11; Basketball 9, 10; Volunteers 12; Cheersquad 11, 12; Chorus 9.





Raji Gandhi: Marching Band 9, 10, 11, 12; Pep Band 9, 10, 11; Freshman Band; Varsity Band 10; Concert Band 11, 12; Symphonic Band 12; I V-ball 10, 11, 12; Odyssey of the Mind 10; Play Production 10, 11. Gregg Garn: Football 9, 10, 11, 12; Track 9, 10, 11, 12; Basketball 9, 10, 11; Baseball 9; Speech Club 12; Senior Class Tri-President; I Ball 12. Frank Genalo: Speech Club 12; "Web" Staff 12; Academic Decathlon 12; Airbands 12; Track (Manager) 9. Paul Gibbons.

Sarah Gitchell: Golf 9, 10, 11, 12; Terpsichore 10, Choreographer 11, 12; Speech Club 10, 11, 12; I Ball 9, 10, 11, 12; Senior Senate; Human Relations Committee 12; Powderpuff 10, 11, 12; Big Sis/ Lil' Sis 12; Cheersquad 9; Volunteers 12. Mike Good. Stephanie Graves: Cheersquad 9, 10, 11, 12; Track 9, 10; Powderpuff 9, 10, 12; I Ball 9; Senior Girls' Club; Homecoming Committee 12; Homecoming Officer 10, 11. Maria Groeneveld: Thespians 9, 10, Vice-President 11, President 12; One-Acts 9, 10, 11, Director 12; Play Cast "Dark Ride", "Return of the Pink Panther", "Damn Yankees", "Blood Wedding", "I'm Sorry the Bridge is Out . . . ," "Antigone", "Insight", "Beggar on Horseback", "Teahouse of the August Moon"; Student Director "Hamlet"; Softball 9.

Kelley Halliburton, Jamie Hansen, Julie Hanson; Golf 9, 10, 11, 12; I Ball 11, 12; Powderpuff 9, 10, 11, 12; Senior Girls' Club; Football (Manager) 10; Boys' Basketball (Manager) 9, 10. Sarah Harms: Sophomore Mixed Chorus; Sophomore Senate; Marching Band 9, 10, 11, 12; Freshman Band; Symphonic Band 10, 11, 12; Pep Band 10, 11; All-State Band 10, 12; Orchestra 12; Speech Club 10, 11, 12; Terpsichore 12; IV-ball 12; Amnesty International 12; Concert Chorale 11, 12; Chess Club 12.

(M) any faces, many lands

-Beth Fatland

try would come to Ames, let ican 'culture'. Nevertheless, tunities it offered. Ames High had a number of stuing Ames.

Several came just to experiout what it's all about.

"I came here to learn somelanguage, to see what it was like, not specifically for study. But I am studying so I don't have to repeat the year when I go Wehner said.

Some didn't have a choice senior Kent Kavanagh said. about coming to Ames because of their families' activities.

"My father often came over here for business for certain pe-Culture? In Ames, Iowa? riods of time. This time, he de-Where? Many Ames High stu- cided that the whole family dents were intrigued by the fact would leave Hungary and go that anyone from another coun- with," senior Noemi Nagy said.

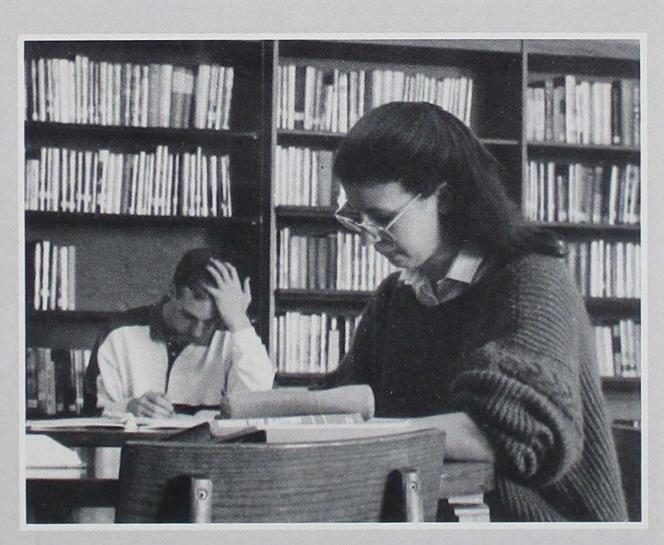
Other students came to Ames alone lowa, to experience Amer- because of educational oppor-

"Three years ago, my father dents from different countries, came here to study at lowa with diverse reasons for choos- State, so I left China and came with," junior Yi-nan Ni said.

A few had an ulterior motive, ence the United States, to find to ascertain specific information or attain a goal.

"I was born in Massachusetts thing about American life and and then we moved to Australia when I was real young. I wanted to see what America was like because when I turn 21, I have to choose between American and back to Germany," junior Marc Australian citizenship. I also came here to play basketball,"

Whether it was because of their families, to play basketball



or just plain curiosity, Ames High hallways had their share of culture from other countries.

Sitting in the library, senior Caroline Von Meding works on her French during a free period. She came to Ames from Buckeburg, Germany to learn about American culture and language. (Photo by Paige Hoefle)

Cindy Harris: Basketball 9, 10, 11, 12; Soccer 9, 10, 11, 12; Freshman Senate, Sophomore Senate, Junior Senate, Senior Senate; Marching Band 9, 10, 11, 12; Powderpuff 9, 10, 11, 12; Concert Band 10, 11, 12; Student Council 10, 11, 12; Track 10; All-State Band 11; All-State Orchestra 12; Play Cast "Pink Panther Strikes Again" 12; Amnesty International. Suzanne Harvey: Speech Club 9, 10, 11, 12; Marching Band 9, 10, 11, 12; Varsity Band 10, 11; Volunteers 10, 11, 12. Amy Hausman: Marching Band 9, 10, 11, 12; Concert Band 10, 11, 12; Speech Club 10, 11, 12; Golf 10, 11, 12; Volunteers 11, 12; "WEB" Staff 1st sem. 12; Student Council 12; Ambassadors 12; Homecoming Court 12. Gary Heaton.

Kelli Hemme: Marching Band 9, 10, 11, 12; Flag Corps 9, 10, 11, Captain 12; Varsity Band 10, 11, 12; Concert Band 12; DECA 12. Tara Hensley: I Ball 9; Track 9, 10, 11, 12; Cheersquad 9, 10, 11, Captain 12; Powderpuff 10, 11, 12; Volunteers 9, 10, 11, 12; Senior Girls' Club. Paige Hoefle: Cheersquad 9; Softball 9, 10; Basketball 9, 10; Golf 9, 10, 11, 12; Volleyball 10, 11, 12; Freshman Senate, Sophomore Senate (Vice-President), Junior Senate; "Spirit" Staff 12; Homecoming Court 12. Jennifer Holden: Matmaid 9, President 10, 11, 12; Volunteers 9, 10, 11, 12; I V-ball 9, 10, 11, 12; Powderpuff 9, 10; "SPIRIT" Staff 10, Section Editor 11, 12; Wrestling (Manager) 11, 12.

Kirk Holder. Dorie Homan. Natalie Lynn Homan: Volunteers 11, 12. Michelle DeAnne Hoover: "Scratch Pad" Board 12; Speech Club 9, 10, 11, Co-President 12; Freshman Choir; Chamber Singers 11, 12; Play Cast "Bye, Bye Birdie," "I'm Sorry the Bridge is Out . . . ," "Damn Yankees"; One-Acts 11, 12; Track 9, 10; Freshman Band; Varsity Band 10; Marching Band 9, 10; Junior Senate; I V-ball 9, 10, 11; Senior Girls' Club; All-State Contest 11, 12; Volunteers 11, 12; Small Group Vocal 10, 11, 12; Madrigal 12.



Memories or just junk?

-Jenni LaVille

Jam-packed rooms, cluttered cabinets, crowded containers ... and they're all filled with the same junk.

But wait, one person's junk might have meant something to someone else. Many students had collections that others may have thought were in the way or dumb.

"I think they (collections) are stupid, because I only collected stuff when I was little, and now I don't anymore, because I think it's foolish to save things you never have a use for," freshman Missy Yungclas said.

However, a number of students saved bits and pieces from their experiences.

country clubs, restaurants, resorts, and I keep them as a Emily Olson said.

For other students, it was a

challenge to see how many of one thing they could accumulate during the year.

"Me and my friend started a gum collection in our locker on the first day of school. We must have had like four tons of gum, but then Mr. Tramp saw it and made us putty-knife it off, freshman Jeff Weiss said.

Fun played an important role in people's collections, because most students enjoyed being silly once in awhile.

"I like to buy original and weird socks; I have a really big assortment. I never wear them because I use them to dress my teddy bears," junior Tami Cruse said.

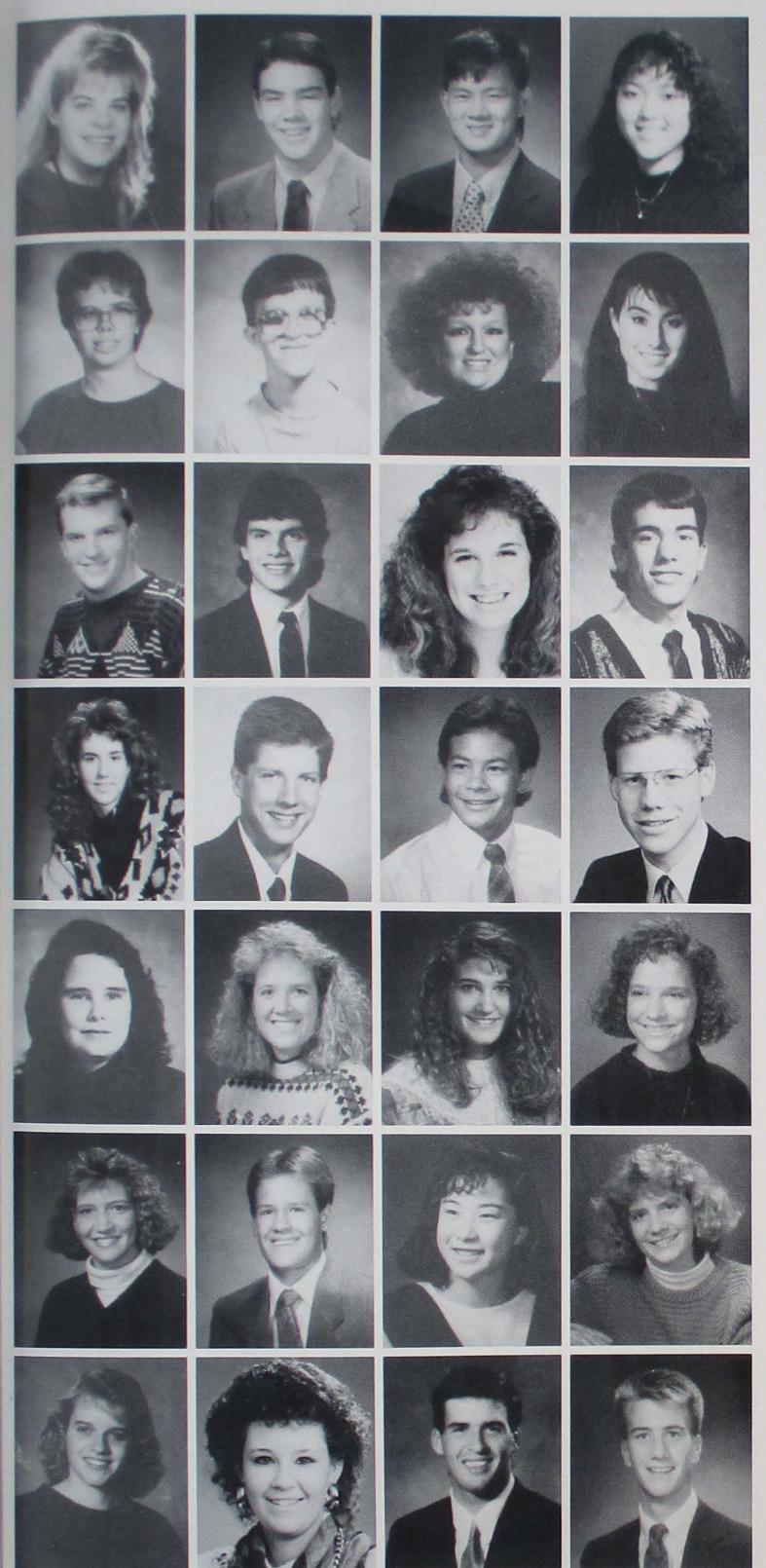
Interest in collections sometimes faded when students ma-"I collect matchbooks from tured. But others kept piling up said. the items.

"I don't collect anything mymemory of my trip," sophomore self, but I think they're neat because it tells a little bit about that person," senior Beth Wollaston



Collections supplied character, personality and left a trademark for others to remember that person by.

Displaying her collection of social awareness buttons is senior Gabi Kupfer. Kupfer acquired collections ranging from identification cards to pictures of ballerinas. (Photo by Laura Zachary)



Allison Horner: Freshman Choir; Sophomore Choir; Small Group Vocal 10, 11, 12; Terpsichore 10, 11, Choreographer 12; Concert Choir 11; Concert Chorale 12; Play Cast "In Sight". Jason Horras: Basketball 9, 10, 11; Baseball 9, 10, 11, 12; Football 9, 10, 11, 12; Tennis 10; Powderpuff (Coach) 12; I V-ball 11; I Ball 12. Eric Huang: Jazz Band 9, 10, 11, 12; Marching Band 9, 10, 11, 12; I Ball 9, 10, 11, 12; Tennis 10, 11, 12; Swimming 11, 12; Football 10; Concert Band 11, 12; Varsity Band 10; I V-ball 12. Wendy Huang: Track 10, 11; Orchestra 11, 12; Powderpuff 11, 12; Mock Trial 12; Mixed Choir 9, 10.

Michele Hubacher. Mark Husten. Tina Hutchinson. Mignon Iber: Terpsichore 10, 11, Choreographer 12; Chorus 9.

Bob Jackson: Marching Band 9, 10, 11, 12; Pep Band 9, 10, 11, 12; Varsity Band 10, 11; Concert Band 12; Freshman Band. Edward Jackson: All-State Band 12; Concert Band 10, 11, 12; Pep Band 10, 11, 12; One-Acts 10, 11, Director 12; Play Production 9, 10, 11, 12; Freshman Senate; Sophomore Senate; Play Cast "Hamlet", "Beggar on Horseback", "In Sight", "Antigone", "I'm Sorry the Bridge is Out ...", "Blood Wedding", "Pink Panther Strikes Again", "Dark Ride"; Thespians 10, 11, 12. Jayna Jarnagin: Basketball 9; Cheersquad 10, 11, 12; "Spirit" Staff 9, 10, 11; Junior Senate; Powderpuff 10, 12; DECA 12; Homeroom Officer 9. Tim Jaspering.

Heather Jesse: Powderpuff 9, 10; "Spirit" Staff 11; Senior Girls' Club; Volleyball 9, 10, 11, 12; I Ball 12; Terpsichore 11, 12; Volunteers 11, 12. Thomas J. Joensen: Concert Band 9; Basketball 9, 10, 11, 12; Track 9, 10, 11, 12; Cross Country 10, 11. Kon John: Wrestling 9, 10, 11, 12; Baseball 9, 10; I V-ball 11. Timothy D. Johnson: Concert Choir 10; Concert Chorale 11, 12; Chamber Singers 12; Madrigal Choir 12; Small Group Vocal 10, 11, 12; Swimming 10, 11, 12; Volunteers 12; One-Acts 12.

April Johnston. Amanda Jones: Powderpuff 9; "Spirit" Staff 11; Student Council 12; Homeroom Officer 9, 10, 11, 12; Homecoming Committee 12; Senior Girls' Club; Basketball 9, 10; Senior Senate. Chantel Jordan: Freshman Mixed Choir; Golf 9, 10, 11, 12; Cheersquad 10, 11, Captain 12; Terpsichore 10, 11, Choreographer 12; Volunteers 10, 11, 12; Powderpuff 9, 10, 11, 12; Senior Girls' Club; Peer Helper 12. Becky Jorgensen: Student Council 9, 12; Freshman Senate; Junior Senate; Trainer 9, 10, 11, 12; "Spirit" Staff 12; One-Acts 12; Speech Club 11, 12; I Ball 11, 12; Powderpuff 9, 10, 11, 12; Basketball 9, 10; Track 9.

Christa Jungst: Volleyball 9, 10, 11, 12; Senior Girls' Club Co-President; Softball 9, 10; Volunteers 11, 12; Junior Senate; Girls' Basketball (Manager) 10; Powderpuff 9. Chris Kennedy. Ann M. Kihl: Concert Band 10; Marching Band 9, 10; Concert Choir 11; Sophomore Mixed Choir; Concert Chorale 12; Cheersquad 11, 12; Soccer (Manager) 11, 12; Terpsichore 10. Suzanne Elizabeth Klonglan: Concert Chorale 11, 12; Chamber Singers 12; Madrigal 12; Concert Band 11, 12; Marching Band 9, 10, 11, 12; Pep Band 11, 12; Orchestra 12.

Kari Konechne: Track 10; Cheersquad 11, 12; Freshman Choir. Jodi Koppes: Chorus 9, 10; Powderpuff 9, 10, 11; "Spirit" Staff 10; Senior Girls' Club; I Ball 9; I V-ball 9, 10; Volunteers 10, 11, 12. Brian Krausman: Baseball 9; Homeroom Officer 9; Football 9, 10, 11, 12; Track 9, 10, 11, 12; Basketball 9, 10, 11; Volunteers 11, 12; I Ball 12; Powderpuff (Coach) 12; Homecoming Court 12. Derek Kruempel.

L) et's make a deal

-Becky Dill

"Attention shoppers! We are now featuring a blue light special in our underwear department."

This was a message many money at the store. students heard if they chose to bargain shop. Some students found that they could get more for their buying dollar by shopping at stores like K-mart, Target and Wal-Mart.

"I buy my make-up and hair products at Wal-Mart because things are cheaper than at the grocery store," junior Janea wanted. Carter said.

were not always thought of as being as prestigious as other stores, students still found the need to shop at them.

cause of their good prices. But wa said. that's the only thing because K-

mart sucks," senior Paul Gibbons said.

Target became a haven for one student who found she could spend a lot of time and

"I love Target! I could spend \$1,000 there every day. I once spent three hours there buying picture frames, t-shirts and lots of other junk," sophomore Amy Carey said.

Another student found K-mart was the ideal place to shop for some pretty fishy items he

"I recently went to K-mart with Although discount stores a friend to buy a fish detector. I helped him pick out the detector and he bought it. K-mart was really convenient and offered the "I shop for CD's at K-mart be-day," freshman Tendai Muyeng-

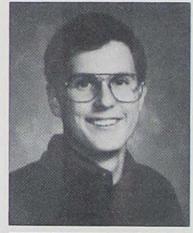


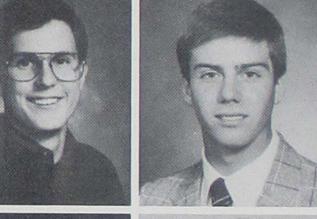
lowest prices we'd found that endless aisles searching for 50 percent off or that special clearance item, they usually found As students roamed those the fun in bargain shopping.

Checking out the music departmen at Wal-Mart for the newest sounds, se nior Alan Ostendorf looks at a tape. Os tendorf found he could get more for his money by shopping at stores like Wal Mart. (Photo by Becky Dill)

Steve Kubera: Volunteers 11, 12: DECA 12. Joe Kuhl: Orchestra 9, 10, 11, 12; All-State Contest 12; Soccer 9, 10, 11, 12; Wrestling 10; Speech Club 9; I Ball 11; Play Productions 9, 10, 11, 12. Gabi Kupfer: Speech Club 10, 11, Co-President 12; Amnesty International 12; "Scratch Pad" Board 9; Sophomore Senate; I Ball 11, 12; I V-ball 12; Powderpuff 9; One-Acts 11; Marching Band 9; Terpsichore 9, 10, Choroegrapher 11, 12; Jim Lacasa.

Eric Langeland. Kevin Lee. Holly Lephart: | V-ball 9; Key Club 12. John Livingston.







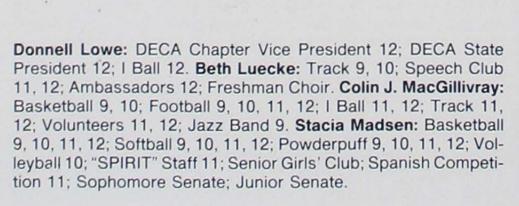










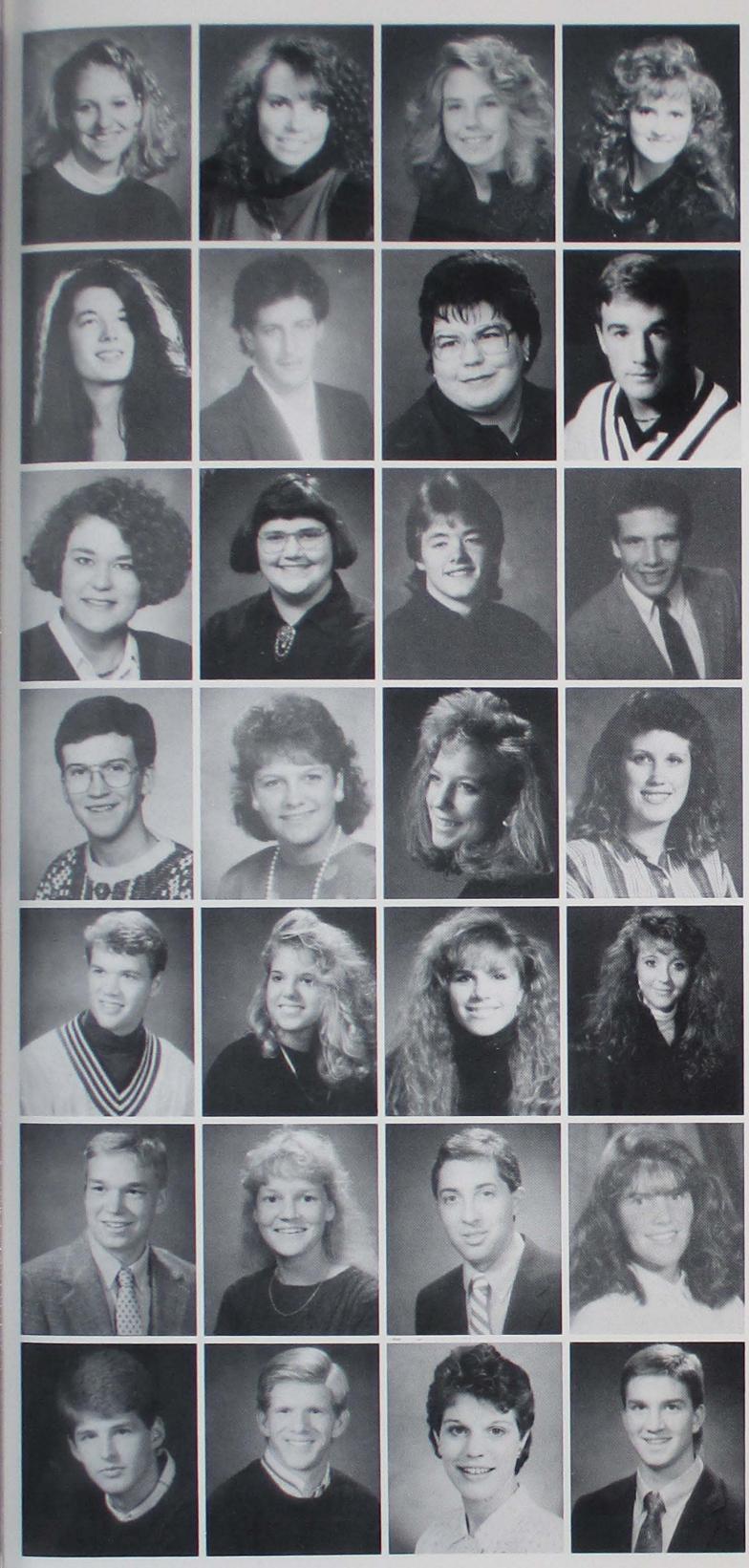












Shannon Madsen: Volleyball 9, 10, 11; Softball 10; Terpsichore 10, 11, 12; DECA 12; Swing Choir 9; Powderpuff 10, 12; Varsity Band 10. Kara Maehner: Volleyball 9, 10; Softball 9; Track 9, 10; "SPIRIT" Staff 11; Senior Girls' Club; I Ball 11; I V-ball 11; Terpsichore 12; DECA State Officer 12. Kelly Magoon: Concert Band 12; Varsity Band 10, 11, 12; Concert Chorale 12; Concert Choir 11; Cross Country 9, 10; Marching Band 9, 10, 11, 12; Terpsichore 9, 10, 11; Play Cast "The Pink Panther Strikes Again", "Damn Yankees". Amy Mangold: Speech Club 9, 10, 11, 12; Concert Chorale 11, 12; Chamber Singers 9, 11, 12; Band 9, 10, 11, 12.

Valerie J. McAndrews: Thespians 10, 11, 12; Play Cast "Blood Wedding" 11, "The Pink Panther Strikes Again" 12, "Little Murders" 11, "Bridge of Brakenloch" 11, "Limbo" 11, "The Bridge is Out" 11, "Damn Yankees" 11, "Insight" 10, "Antigone" 10, "Girl in the Mirror" 9, "Tea House of the August Moon" 9; Swimming 9, 10; Sophomore Mixed Chorus. Mike McDaniel: DECA 12; Freshman Chorus. Lisa McDorman: Marching Band 9; Concert Choir 10, 11, 12; Special Olympics Swimming 10, 11, 12; Special Olympics Volleyball 9, 10, 11 12; Freshman Chorus; Sophomore Mixed Choir. Paul McGee: Wrestling 9, 10, 11, 12; Golf 10, 11, 12; Student Council 12.

Trish McPeak: Play Cast "Bye, Bye Birdie", "Tea House of the August Moon", "Hamlet", "Insight", "Beggar on Horseback", "Antigone", " . . . The Bridge is Out . . . ", "Blood Wedding", "Damn Yankees", "The Pink Panther Strikes Again", "Dark Ride"; One-Acts 9, 10, 11, 12; Track 10. Sara McPhail: Concert Band 10, 11, 12; Marching Band 9, 10, 11, 12; Band Librarian 11, 12; Pep Band 10, 11, 12; Orchestra 9, 10, 11, 12; Madrigal 9; Play Cast "Damn Yankees"; Speech Club 12; All-State Contest 9, 10, 11, 12. Bret Meels: Concert Choir 12; Small Group Vocal 12. Matthew James Meinhard: Soccer 10; Wrestling 9, 10, 11, 12; Football 9, 10, 11, 12; Powderpuff (Coach) 12.

Brian Messenger: Concert Band 11, 12; Marching Band 9, 10, 11, 12: State Music Contest 10, 11, 12; Orchestra 12; Varsity Band 10; "Outside/Inside" 9; All-State Band Competition 12. Sally Metzger: Basketball 9, 10; Softball 9, 10, 11; Sophomore Senate; I Ball 11; DECA 12; Senior Girls' Club; Volunteers 10, 11, 12; Powderpuff 9, 10, 11, 12. Jessica Miller: Track 9, 10, 11; Basketball 9, 10; Powderpuff 9, 10, 11, 12; DECA State Officer 12; Senior Girls' Club; I Ball 11, 12; Volunteers 9, 10, 11, 12. Becky Moore: Volleyball (Manager) 10, 11, 12; Mock Trial 11, 12; Volunteers 11, 12; Speech Club 12; Play Production 10, 11, 12; One-Acts 12.

Brian Moreland. Stacy Morford: "SPIRIT" Staff 11, Editor-in-Chief 12; Swimming 9, 10, 11, 12; I Ball 12; SADD 12; Senior Girls' Club; Wrestling (Manager) 12; Freshman Choir. Tonja Morken: Powderpuff 9, 10, 11, 12; Senior Girls' Club; Track 10; Wrestling (Manager) 11, 12; Matmaid 10; Volunteers 12, Amy Morrison: Powderpuff 9, 10; DECA 12; Senior Girls' Club; Basketball (Manager) 9, 10; Volunteers 10, 11, 12.

Kurt Munson: Soccer 9, 10, 11; I V-ball 11, 12; Academic Decath-Ion 12; Amnesty International 12; Heartland Knowledge Bowl 11, 12. Marit Munson: Play Production "Beggar on Horseback," "Insight," "I'm Sorry, the Bridge is Out . . . "; One-Acts 11; Summer Theater 11; Thespians 10, 11, 12; Amnesty International 12; Student Review Board 12; "SPIRIT" Staff 10; Basketball (Manager) 9; Homeroom Officer 11, 12. Joseph Murphy: Human Relations Committee 12: "SPIRIT" Staff 10, 11, 12; "Scratch Pad" Board 11; Tennis 10, 11, 12; Rules Committee 11, 12; Mock Trial 10; Senior Senate; Speech Club 12; Amnesty International 12. Michelle Nelsen: Powderpuff 10, 11, 12; DECA 12; Senior Senate; Senior Girls' Club; I V-ball 11, 12; Ambassadors 11.

Adam S. Nelson: Basketball 10; I Ball 11, 12; I V-ball 12. Chris Nelson: Concert Band 10, 11, 12; Track 9, 10, 11, 12; Cross Country 10, 11, 12; Marching Band 9, 10, 11, 12; Concert Chorale 11, 12; I Ball 9, 10, 11, 12; Jazz Band 12; Dixieland Band 12; Chamber Singers 11; Model Legislature Session 12; I V-ball 11; Pep Band 10. Chris Osslund: Senior Girls' Club; Play Production 10, 11; Speech Club 10, 11, 12; Concert Chorale 11, 12; Swing Choir 9; Marching Band 9, 10, 11, 12; Concert Band 11, 12; Varsity Band 10. Alan Ostendorf: DECA 12; Baseball 9, 10; Swimming 9, 10; Football 9, 10, 11, 12; I Ball 9, 10, 11, 12.

Jeff Osweiler: Senior Senate; Concert Chorale 11, 12; Spanish Competition 11; Amnesty International 12; Mock Trial 10, 11; Volunteers 10, 11, 12; I Ball 11, 12; I V-ball 10, 11, 12; Page in Iowa Legislature 12; Quiz Bowl 11, 12; Black History Quiz Bowl 11. Jill Osweiler: Accompanist 9, 10, 11, 12; All-State Accompanist 12; Concert Chorale 10, 11, 12; Chamber Singers 9, 10, 11, 12; Drum Major 11, 12; Concert Band 10, 11, 12; Jazz Band 9, 10, 11, 12; Symphonic Band 12; Marching Band 9, 10, 11, 12; Freshman Choir. Aaron Overland. Judy Pang: Tennis 10, 11, 12; Sophomore Senate; Senior Senate; Concert Chorale 12; Ambassadors 10, 11, 12; Mock Trial 9.

John Paque: Varsity Band 10, 11; Concert Band 12; Marching Band 9, 10, 11, 12; Key Club President 12; Volunteers 12; SADD 12. Robert Parrish: Sophomore Mixed Choir; Swing Choir 9; Concert Chorale 11, 12; Madrigal Choir 10, 11, 12; Chamber Choir 10, 11, 12; All-State Choir 10, 11, 12; Jazz Band 9, 10, 11; Marching Band 9, 10, 11, 12; Concert Band 10, 11. Michael Patterson: Concert Chorale 11, 12; Concert Band 10, 11, 12; Soccer 9, 10, 11, 12; Chamber Choir 12; Chess Club 9, 10, 11, 12; Madrigal 12; Marching Band 9, 10, 11, 12; Play Production "Damn Yankees". Brian Pattinson: Football 9, 10, 11, 12; Wrestling 9, 10, 11, 12; Powderpuff (Coach) 12.

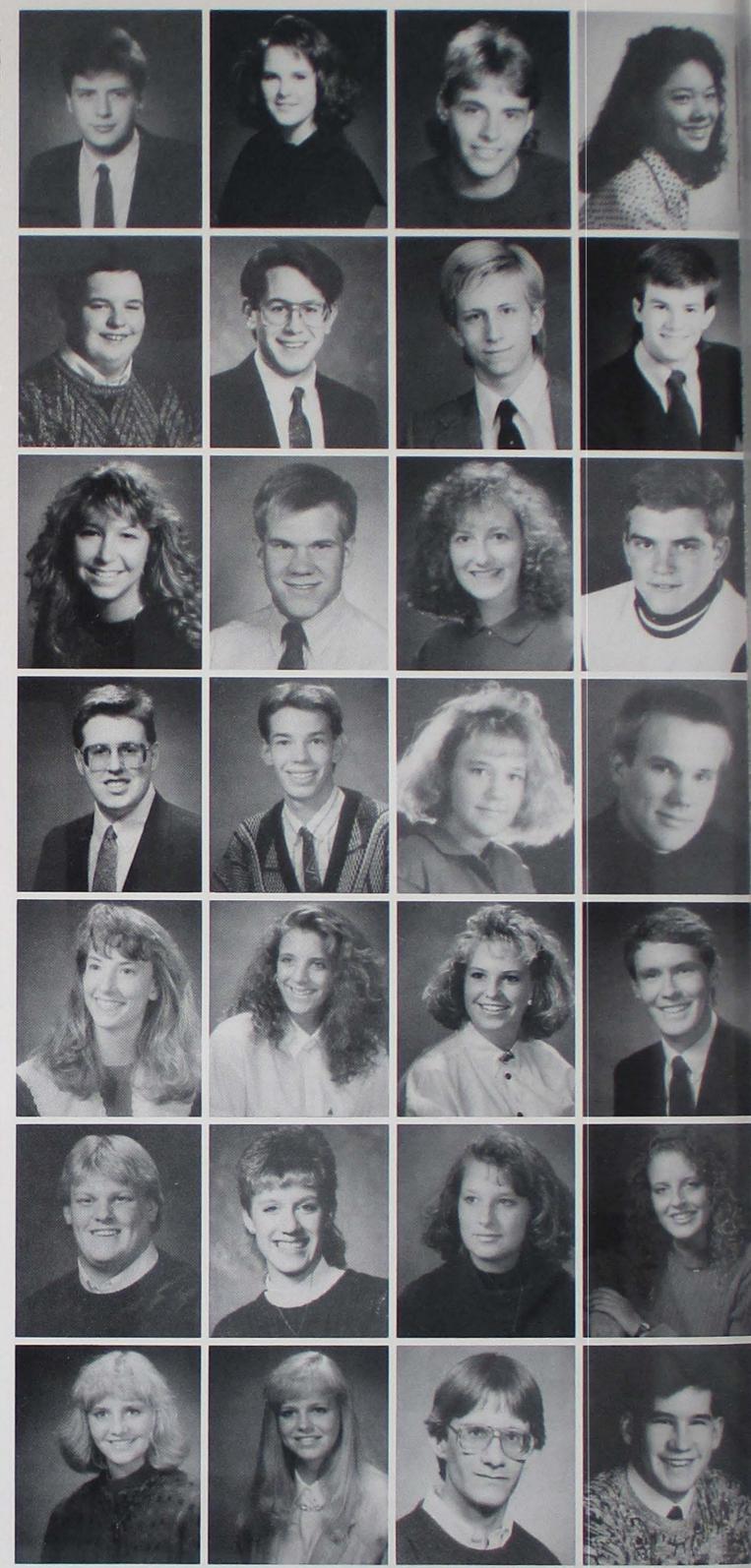
Jennie Pelz: Volunteers 11, 12; Senior Senate; Junior Senate; Senior Girls' Club; Environmental Committee 11; "SPIRIT" Staff 12; Powderpuff 9, 10, 11; Play Production 9, 10. Stuart Penney: Track 10, 11, 12; Concert Band 11, 12; Symphonic Band 11, 12; Marching Band 9, 10, 11, 12; Pep Band 9, 10, 11, 12; Varsity Band 10; Freshman Band; Spanish Competition 11; I Ball 10, 11, 12; IV-ball 12. Anne Pepper: Chamber Choir 12; Concert Chorale 11, 12; Madrigal 12; Sophomore Mixed Choir; All-State Choir 11, 12; Speech Club 10; Track 9, 10; I Ball 11; I V-ball 11, 12. Brian Peter: Baseball 9, 10, 11, 12; Wrestling 9, 10, 11, 12.

Jed Peterson: Academic Decathlon 12; Airbands 12. Joseph Peterson: Baseball 9, 10, 11, 12; I Ball 9, 10, 11, 12; I V-ball 12. Kelly Peterson: Track 9, 10; Cheersquad 9, 10; Concert Chorale 11, 12; Small Group Vocal 12; Volunteers 10; Nurses Office Assistant 12; Madrigal 12; Ail-State Choir Contest 11, 12. Kevin Peterson: Basketball 9, 10; Baseball 9; I Ball 11, 12.

Lia Pierson: Track 9, 10, 11, 12; Marching Band 9, 10, 11, 12; Concert Band 10, 11, 12; Band Vice President 12, Pep Band 9, 10, 11, 12; Junior Senate Vice President; Senior Senate Vice President; Student Council 11, 12; Speech Club 10, 11, 12; One-Acts 11; Chamber Orchestra 12. Teri Pipitone: Powderpuff 9, 11; Senior Girls' Club; Basketball 9, 10; I Ball 11, 12; Volleyball 9, 10; I V-ball 11, 12; Softball 9, 10, 11, 12; Volunteers 9, 10, 11, 12; Krista Posegate: Softball 9, 10, 11, 12; Volleyball 9, 10, 11, 12; Track 12; I Ball 11, 12; DECA; Homeroom Officer 9; Senior Senate; Senior Girls' Club. David Preston: Football 9, 10, 11, 12; Track 9, 10, 11; I Ball 12.

Buddy Price: Airbands 12; DECA 12. Lana Rahfeldt: Cheersquad 9, 10; Ambassadors 11; Volunteers 11, 12; Freshman Choir. Michelle Rayhons: Tennis 9, 10, 11, 12; DECA Parliamentarian; "SPIRIT" Staff 11; Ambassadors 10, 11; Powderpuff 11, 12; I V-ball 10; Spanish Competition 11; Homeroom Officer 9; Freshman Senate; Homecoming Committee 9. Susan Recker: Senior Girls' Club; Spanish Competition 11, 12; Spanish Tutor 11, 12; Powderpuff 9, 10, 11, 12; I V-ball 9, 10, 11; Basketball 9; Freshman Choir.

Robyn Renz: Track 9, 10, 11, 12; Gymnastics 9; Cross Country 11; Senior Girls' Club; Volunteers 9, 10, 11, 12; I Ball 10, 11, 12. Dawn Ricketts: Volleyball 9, 10, 11, 12; Track 9, 10, 11, 12; I Ball 10, 11, 12; Homecoming Court (Queen); Senior Girls' Club; Freshman Senate; Sophomore Senate; Junior Senate; Senior Senate. Jeff Robson: Baseball 10; Freshman Mixed Choir. Daniel Roe: DECA; Cross Country 11; Airbands 12; Football 10.



E) arning while learning

Nicole Stocks

Some Ames High students decided that you don't necessarily need a job outside of school to make money, because to work at the school.

"It's really neat and convenient to work at the school because I can usually get all my homework done. It's also an easy and relaxing job," sophomore Cari Foote said. Foote worked as a teacher's aide helping to xerox and file materials.

Besides the convenience factor, there were other added benefits that you couldn't get in a normal job.

"I enjoy working in the chem lab because I'm learning a lot more outside of class than I usually learn in class," senior Marit Munson said.

Some students thought it was Helping out in their free periods

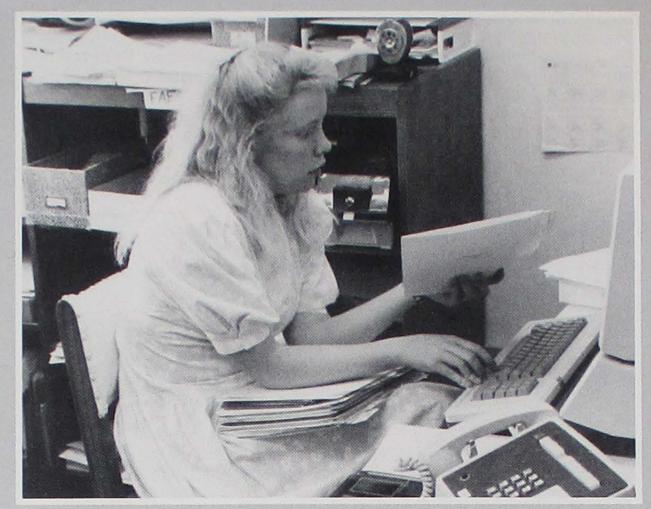
nice to have work hours during the day that didn't interfere with extra-curricular activities or weekends.

"I like working in the student it's easy-access and profitable services department because I don't have to work nights or weekends and the counselors are really fun to work with," senior Tami Carmean said.

> Many teachers appreciated student helpers because some couldn't have done it without the students' efforts.

> "They are a fantastic support to us and they've helped out in so many ways. Hopefully we'll be able to find students in the years to come who are as dependable as this year's," guidance counselor Larry Zwagerman said.

For students, working at the school became the ideal job.



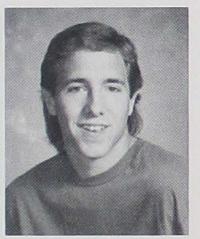
not only fit well into their busy schedules, but it gave them job experience.

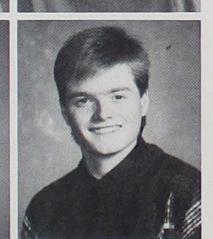
Typing files into the computer, senior Theresa Yaney assists the counselors during a free period. This was one of the many ways students could earn money during school. (Photo by Andy Scott)

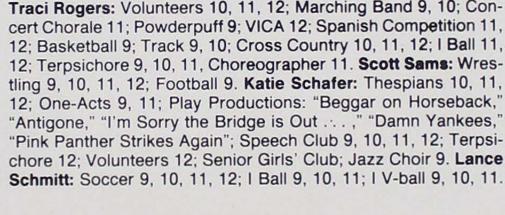






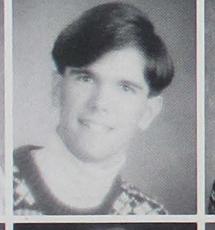


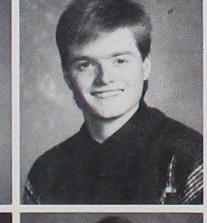














Todd Schumer: Soccer 9, 10, 11, 12; VICA 12. Tammy Schwieger: Track 9, 10; Basketball (Manager) 10, 12; Wrestling (Manager) 10, 12; Powderpuff 9, 10, 11, 12; Senior Girls' Club; "VISIONS" 12; I Ball 12; Key Club 11, 12; SADD 11, 12. Andrew Scott: Marching Band 9; Pep Band 9; Freshman Band; Freshman Choir; Sophomore Mixed Choir; Concert Chorale 11, 12; Madrigal 12; Chamber Choir 11, 12; "SPIRIT" Staff 12; "WEB" Staff Photographer 12; Air Bands 12; Ambassadors 12; Volunteers 11, 12. Steve Sederburg: Special Olympics Swimming and Volleyball 9, 10, 11,

Shika Seecharran: Drama Activities 9; Play Productions: "Beggar on Horseback," "Insight," "Blood Wedding," "Pink Panther Strikes Again," "Dark Ride"; Big Sis/Lil' Sis 11, 12; Ambassadors 11; One-Acts 11; Senior Girls' Club; Thespians 12. David Serovy: Marching Band 9, 10, 11, 12. Heidi Shierholz: Tennis 9, 10, 11, 12; Concert Chorale 11, 12; Terpsichore Choreographer 12; Homecoming Court 12; Chamber Singers 12; I Ball 10, 11, 12; Powderpuff 9, 11, 12; One-Acts 11, All-State Contest 10, 11, 12; Cheersquad 9, 10, 11; Volunteers 10, 11, 12; State Piano Contest 11, 12; Small Group Vocal 10, 11, 12; Madrigal 12. Jamie Sipes.

Amy Jo Smith: Play Cast "Hamlet" 9, "Mash" 9, "Beggar on Horse-back" 10, "Insight" 10, "I'm Sorry the Bridge is Out You'll Have to Spend the Night" 11, "Blood Wedding" 11, "She Married Well" 11, "Dark Ride" 12; Play Crews 9, 10, 11, 12; One-Act Director 12; Ambassadors 12; "Visions" 10, 11, 12; Thespians; Speech Club 9; Marching Band 9; Sophomore Chorus; Small Group Vocal 10. Gary Smith. Patricia Smith: Special Olympics Volleyball 10, 11, 12; Special Olympics Swimming 10, 11, 12; Softball 10; Peer Helping 11, 12. Carrie Soy.

Jolene Steininger. Wendy Stevenson: Cross Country 11, 12; Track 9, 10; Powderpuff 10, 11, 12; Track (Manager) 12; Senior Girls' Club, I Ball 11, 12; Volunteers 12. Jennifer Stewart: Key Club 12; SADD 12; Powderpuff 10; Spanish Tutor 12. Jennifer Stott: Concert Band 12; Marching Band 12; Concert Chorale 12; Small Group Vocal 12; Track 12; Cross Country 12.

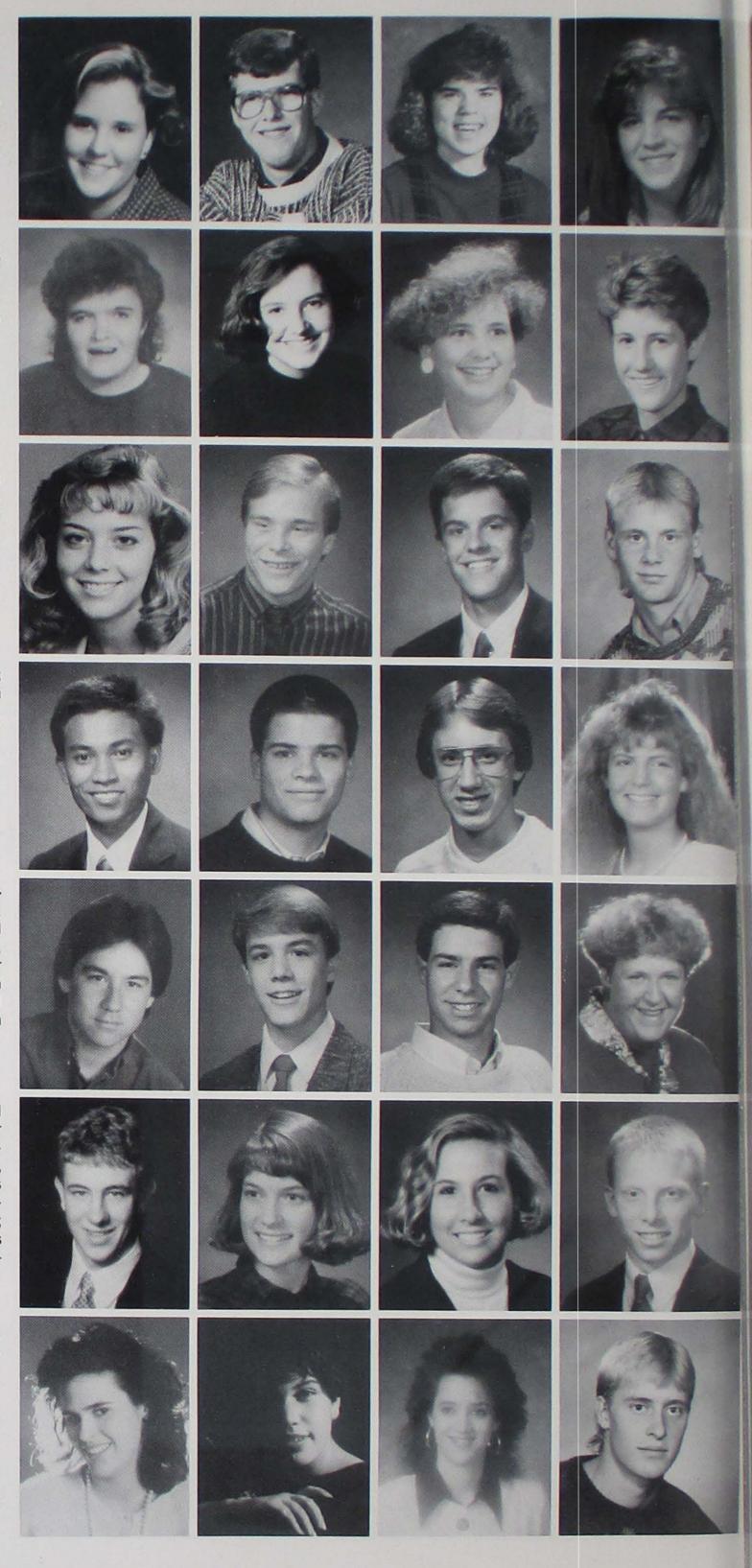
Tamra Elizabeth Takle: "SPIRIT" Staff 10, 12; Marching Band 9, 10; Varsity Band 10; Freshman Band; Powderpuff 10; I V-ball 10; Freshman/Sophomore Choir 9. Gerald H. Thomas: Football 9, 10, 11, 12; Wrestling 9, 10, 11, 12. Kirk Thompson: Cross Country 9, 10, 11, 12; Track 10, 11, 12; Soccer 10, 11, 12; I Ball 9, 10, 11, 12; Airbands 12; Yell Leader 12; Volunteers 12. Ty Thorson: VICA 12.

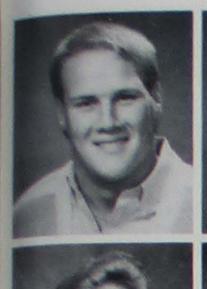
Sorl Thun. Jay Titus: Football 9, 10, 11, 12; I Ball 9, 10, 11, 12; Marching Band 9; Concert Band 9. Jason Toppenberg. Christina Tosten: Concert Chorale 11, 12; Powderpuff 10, 11, 12; Track 9, 10; Play Cast "Damn Yankees" 11; Volunteers 12; Senior Girls' Club; Junior Senate.

Jeff Uemura: I V-ball 9; Airbands 11, 12; I Ball 9. Robert D. Umbaugh: All-State Chorus 10, 11, 12; All-State Speech Club 12; Concert Chorale 11, 12; Chamber Singers 10, 11, 12; Madrigal 12; Play Cast "Pink Panther" 12; Small Group Vocal Contest 9, 10, 11, 12; Concert Choir 12; Freshman/Sophomore Mixed Choir 9, 10; Swing Choir 9, 10; Speech Club 11, 12; Play Cast "Damn Yankees" 11. Rob Van Auken: Basketball 9, 10; I Ball 11, 12; I V-ball 11; Soccer 9, 10, 11; Spanish Competition 12. Holly Van Winkle.

Zachary Vegge: Hockey 9, 10, 11, 12; Golf 10; DECA 12; I Ball 10; I V-ball 11. Gretchen Vogel: Concert Chorale 11, 12; Chamber Singers 11, 12; Freshman/Sophomore Mixed Chorus 9, 10; All-State Chorus 12; Play Production 9, 10, 11, 12; Thespians 10, 11, 12; Speech Club 10, 11, 12; "Scratch Pad" Board 12, Volunteers 10, 11, 12. Jill Wall: Basketball 9, 10, 11, 12; Softball 9, 10; Spanish Competition 11, 12; Senior Girls' Club; Volleyball 9; I Ball 12; Speech Club 12. Dan Waller: Speech Club 10, 11, 12; One-Acts 12; Play Cast "Dark Ride" 12; Junior Senate; Senior Senate; Football 9, 10, 11, 12; Baseball 9; Powderpuff (Coach) 12.

Kimberly Webb: DECA 12; Freshman Choir; Volunteers 9, 10, 11, 12. Nicole Wesley. Ivy West. Geoff Will: Hockey 9, 10, 11, 12; Football 9, 10, 11; I Ball 12.

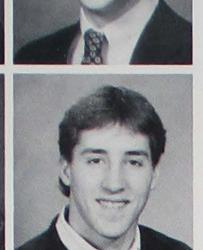












Chad Wilson: Baseball 9, 10; Football 9, 10, 11, 12; Track 9; Wrestling 9, 10, 11, 12. Steve Wohn: I Ball 9, 10, 11, 12; DECA 12; Volunteers 10; I V-ball 11. Beth Wollaston: Trainer 9; Play Cast "Teahouse of the August Moon" 9, "Beggar on Horseback" 10, "Insight" 10, One Acts 10, "I'm Sorry the Bridge is Out" 11, "Bye Bye Birdie" 9, "Hamlet" 9, "Antigone" 10, "Blood Wedding" 11; Speech Club 9, 10, 11; Volunteers 10, 11, 12. Steve Wuhs: Track 9, 10, 11, 12; Speech Club 12; "SPIRIT" Staff 11, 12; "Web" Staff 12; Freshman Band; I V-ball 11, 12; "Scratch Pad" Board 10; Spanish Competition 10, 11, 12; Homeroom Officer 9; Marching Band 9.

Theresa Yaney: Speech Club 12; Mock Trial 12; Concert Band 9, 10, 11, 12. Camille Young: Volunteers 12; Senior Girls' Club; DECA 12. Laura Zachary: "SPIRIT" Staff 12; Powderpuff 9, 10; Senior Girls' Club; Volunteers 11, 12. Eric Ziebold: Football 9, 10; Wrestling 9, 10, 11, 12, Quad-Captain 12.

T) rying to beat the clock

-Jennifer Holden

"It is too late! Ah nothing is too late/Till the heart ceases to palpitate." -Longfellow

If homeroom advisors understood Longfellow's quote, many students wouldn't have ended up in restricted study hall because of too many tardies.

Many students found it difficult and sometimes impossible to get to school on time.

"After my alarm goes off, I can't get out of bed in the morning, my bed grabs a hold of me and won't let go," freshman Trevor Wierson said.

Sometimes the bed wasn't at fault, though. Students blamed their tardiness on their alarm clock's snooze buttons for making them late.

"I must hit the snooze in my sleep without thinking because it goes off a lot; then I get up late and have to rush around," sophomore Tommy Johnson said.

Some students found obstacles waiting for them when they were awake.

"After my snooze made me late, every morning I'd have to get up and get dressed. If it wer-

en't for my clothes making me late, I'd make it to school on time," senior Amy Jo Smith said.

For many students, getting out of bed wasn't the problem; what made them late happened outside the house.

"It's a real pain having to scrape off the ice on my car, then getting inside to realize that I've lost my car keys," sophomore Chad Steenhoek said.

One student had unusual experiences on the way to school that made him late.

"It seems every day a cop waits for me to leave my house, then follows me to school. So I'm late because I have to go the speed limit," junior Tod Berkey said.

Some students took siblings or friends to school and often had to wait for them to get ready, which made them late as well.

"My brother is always late, and when he is finally ready, then we get to pick up his little friends," senior Tricia McPeak said.

Though it seemed nearly impossible for some, most stu-



dents made it to school, even if they were a little late.

Worried about making it to class on time, senior Carrie Soy glances at her watch. Students who where late often ended up in restricted study hall. (Photo by Paige Hoefle)

Additional Seniors

Ron Chieves: Mixed Chorus 9, 10; I V-ball 9, 10, 11, 12; Football 10. 11, 12; Baseball 9, 10; I Ball 9, 10, 11, 12; VICA President; Volunteers; One Acts 12; Boys' Club President. Edgar Hernandez-Soto: Soccer 9, 10, 11, 12; I Ball 9, 10, 12; I V-ball 9, 10, 11, 12. Audrey Morken: Key Club 11, 12; Spanish Competition 10; I Ball 12; Powderpuff 11, 12. Dhiren Narotam.









Tom Oakland: Soccer 9, 10, 11, 12; I Ball 9, 10, 11, 12; I V-ball 10, 11, 12; Academic Decathlon 12.



Not pictured

Trial 9; One Acts 11; son: Airbands 12. Amy Kirsten Royal: Varsity

Powderpuff 10. Denny Ball 10, 11; Quiz Bowl 9, 12; Volunteers 11; Senior chore 12. Band 9; Speech Club 9, 10; Track 9, 10, 11; VICA; I V- I Ball 12; I V-ball 11. John 12; I Ball 12. Chess Club 9, 10; Mock ball 9, 10. James Morri- Ries: Football 10; VICA.

John Alexander: Golf 10, "Scratch Pad" Board 10; Moutray: Basketball 9; Band 10; Concert Band 11, 11, 12; Basketball 9; I Ball Model UN 9, 10, 11, 12; Ac- Softball 9; DECA. Stacey 12; Symphonic Band 12; 10, 11, 12; I V-ball 10, 11; ademic Decathlon 11, 12; Murray: Cheersquad 9, 10, Concert Choir 12; All-State Airbands 12. Leslie Bry- Debate 9, 10, 11; Swim- 11; Girls' Basketball (Man- Band 11, 12; Marching) ant: Concert Choir 9, 10; ming 11, 12; Track 11; I ager) 12; Concert Chorale Band 10, 11, 12; Terpsi-Dewantoro Mardi. Tim Ev- 10, 11, 12. Becky Huehn: Girls' Club. Thavone Schmalzried: VICA. Chris ans. Molly Holz: Marching DECA. Eddie Juncker: Phimmasone: Soccer 12; Tilley: Hockey (Manager)

When hard work pays off

dennifer Holden

ACADEMICS

Award

Cantonwine, Brenda Carlson, Tamra Carmean, Jennifer Chen, Anne Cheville, Jean Clem, Rak- Students esh Dahiya, Jeff Dale, Tenaya man, Michelle Hoover, Jason Yaney Stacy Morford, Kurt Munson, Vogel Marit Munson, Josh Murphy, State of Iowa Scholars Chris Nelson, Chris Osslund, David Andre, Nathan Block, Hester Dean

Judy Pang, Brian Pattinson, Presidential Academic Fitness Jennifer Pelz, Stuart Penney, Lia Pierson, Lana Rahfeldt, Sus-David Andre, Chris Andrews, an Recker, Traci Rogers, Scott Steve Beaudry, Dan Bergan, Sams, Heidi Shierholz, Amy Jo Nathan Block, Doug Bock, Heidi Smith, Jennifer Stewart, Tami Brayton, Leslie Bryant, David Takle, Chris Tosten, Rob Van Burnett, Brian Campbell, Mike Auken, Gretchen Vogel, Jill Wall, Steve Wuhs, Theresa Yaney

National Merit Commended

Darlington, Dan Dobson, Garth Brayton, Debi Damstrom, Shan-Dolphin, Matt Douglas, Deb non Fultz, Sarah Harms, Molly Forssman, Tom Friedrich, Holz, Michelle Hoover, Jason Shannon Fultz, Frank Genalo, Horras, Kevin Lee, Sara Sarah Gitchell, Maria Groenev- McPhail, Matt Meinhard, Brian eld, Sarah Harms, Cindy Harris, Messenger, Judy Pang, Rob Edgar Hernandez-Soto, Paige Parrish, Lia Pierson, Andy Hoefle, Molly Holz, Dorie Ho- Scott, Heidi Shierholz, Theresa Frank Genalo

Horras, Eric Huang, Wendy National Merit Scholar Finalists David Burton Stone Memorial Huang, Ed Jackson, Heather David Andre, Nathan Block, Jesse, Tom Joensen, Becky Doug Bock, Mike Cantonwine, Jorgensen, Christa Jungst, Kent Dan Dobson, Frank Genalo, Kavanagh, Suzanne Klonglan, Sarah Gitchell, Kelley Hallibur-Joe Kuhl, Gabi Kupfer, Holly Le- ton, Eric Huang, Ed Jackson, phart, Beth Luecke, Colin Suzanne Klonglan, Marit Mun-MacGillivray, Brian Messenger, son, Susan Recker, Gretchen

Doug Bock, Heidi Brayton, Mike Cantonwine, Anne Cheville, Dan Dobson, Shannon Fultz, Sarah Gitchell, Sarah Harms, Cindy Harris, Michelle Hoover, Eric Huang, Heather Jesse, Becky Jorgensen, Suzanne Klonglan, Holly Lephart, Amy Mangold, Brian Messenger, Marit Munson, Judy Pang, Lia Pierson, Susan Recker, Heidi Shierholz, Chris Andrew, Eric Bappe, Heidi Tami Takle, Gretchen Vogel, Jill Wall, Steve Wuhs, Theresa Yan-

Des Moines Register Ernest P. Schwartz Scholarship

Steve Wuhs

Des Moines Register All-State **Academic Team Award**

ART

Art Award

Jennifer Chen, Jed Peterson, Susan Recker

National Congressional Arts Caucus Artistic Discovery Contest

Hester Dean

University of Northern Iowa Art Scholarship

First National Bank Art Award Diane Dubansky, Amy Mangold, Marit Munson, Jason Bennett

Savannah College of Art and **Design Scholarship**

Brian Gouran, Kelley Halliburton, Jayna Jarnagin, Teri Pipitone, Andy Scott, Amy Jo Smith Jeffrey Brown Memorial Photography Award

Donnell Lowe, Tricia McPeak, Andy Scott

Frank Miller Scholarship in Art Scolarship

Teri Pipitone

CITIZENSHIP/LEADERSHIP Brayton Family Scholarship

Christine Evans

The Heart of Caring/Peer Helping Award

Jennifer Kellen, Nicki Moreland Pat Dale Memorial Scholarship Krista Posegate

American Bar Association, Good Citizenship Award

Ron Chieves, Kirk Foote, Deb Forssman, Gabi Kupfer

Scott A. Berryhill Memorial Scholarship

Matt Clark

Bernie Saggau Award

Gregg Garn

Project Success Award

Allison Horner

Ruth Kaldor Memorial Scholarship

Amy Mangold

Iowa Corps Volunteer Scholarship

Amy Mangold

Iowa State Fair 4-H Scholarship

Amy Mangold

Herb Tschopp Memorial Scholarship

Thavone Phimmasone

Ames Soroptimist Youth Citizenship Award

Lia Pierson

Knights of Columbus Youth of the Month (January)

Lia Pierson

Principal's Leadership Award Lia Pierson

Karen Gibson Memorial Scholarship

Traci Rogers

Vocational Rehabilitational

David Andre



At the Awards Ceremony May 29, senior Kirk Foote receives an Industrial Technology Award from Industrial Education teacher Don Faas. Awards to students ranged from music to Mock Trial. (Photo by Andy Scott)

CITIZENSHIP/LEADERSHIP Continued from page 206 Donald N. McKay Award Chris Andrews

EDUCATION

Beta Tau Delta Scholarship David Burnett, Traci Rogers,

Kim Webb

Phi Delta Kappa Educational Foundation

Jayna Jarnagin, Becky Jorgensen

Hangar Scholarship Deb Forssman

ENGINEERING

University of Iowa Freshmen **Engineering Scholarship**

David Andre

Iowa State College of Engineering, Marston Club Scholarship

Mike Cantonwine, Colin MacGil- Scholarship livray

Wessman Scholarship for Agriculture Engineering Freshmen Amy Mangold

HONORS PROGRAMS

Simpson College Honor Schol- Semi-finalist arship

David Burnett

Tulane Honor Scholarship

Doug Bock

Santa Claire Scholarship

Frank Genalo

Scholarship for Freshmen

Heather Jesse, Steve Wuhs

INSTITUTIONS

Ozark Christian College Trus- Business Horizon's Scholar-

tee's Scholarship

Krista Allen

Wartburg Regents Scholarship Waldorf Baseball Scholarship

Dan Anderson

Cornell University Grant

David Andre

Iowa State Scholarship of Recognition

David Andre, Anne Cheville, Shannon Fultz, Lia Pierson, Gretchen Vogel, Theresa Yaney

ship

David Andre

University of California (Berkley) Chancellor's Scholar

David Andre

University of Illinois Chancel- Colorado College Scholarship lor's Scholar

David Andre

University of Iowa Presidential versity Scholarship

David Andre

University of Michigan Dean's Scholarship

David Andre

U. S. Presidential Scholar Track Scholarship

David Andre

St. John's University Scholar- Frank Genalo ship

Chris Andrews

Drake University Grant

Jason Berg

University of Iowa Honors Loras College Board Grant

Jason Berg

Wartburg College Scholarship Jason Berg

ship

Tom Bern

Michael Brower

Northwest Missouri State Uni- Kurt Munson versity Regents Scholarship

Leslie Bryant

University of Northern Iowa Marit Munson Recognition Scholarship

David Burnett

State of Iowa Scholar

Stanford University Scholar- Anne Cheville, Dan Dobson, Marit Munson Heather Jesse, Susan Recker, Bradley University Valedictor Tami Takle, Steve Wuhs

> Luther Presidential Scholar- Josh Murphy ship

Jean Clem

Jeff Dale

Northwest Missouri State Uni- ship

Garth Dolphin

Iowa State University Scholar- versity Scholarship ship

Staci Dooley

University of Northern Iowa leyball Scholarship

Gregg Garn

Harvey Mudd Scholarship

Santa Claire Scholarship

Frank Genalo

Stanford University Scholar- dential Scholarship ship

Frank Genalo

Hamline Merit Scholarship

Kelley Halliburton

Evangelical Free Church Scholarship

Scholarship

Tim Johnson

Trinity College Presidential Scholarship Scholarship

Tim Johnson

Trinity Opportunity Grant

Tim Johnson

Centre College Trustee Schol- Cottey College Iowa P. E. O arship

Becky Jorgensen

Northeast Missouri State Luther College Presidentia Scholarship

Christa Jungst

Luther College Regents Schol- Luther College Regents Schol arship

Suzanne Klonglan

Dana College Football Scholarship

Brian Krausman

Simpson College Grant

Brian Krausman

Knox College Presidential Scholar

Gabi Kupfer

Iowa State University Grant

Becky Moore

Michigan Technological Un versity United States Scholar ship

Miami University of Ohi

Dean's Scholar

Miami University of Ohio, Harr and Lucy A. Williams Scholar ship

an Scholarship

Loyola University Presidentia Scholarship

Josh Murphy

Iowa State Athletic Scholar

Lia Pearson

Northwest Missouri State Uni

Dawn Ricketts

Northwest Missouri State Vol

Dawn Ricketts

Iowa Alumni Award Traci Rogers

Iowa Tuition Grant

Traci Rogers

Luther College Olson Presi

Traci Rogers

Martin Scholarship Trust

Traci Rogers

Central College Academi

Scott Sams

Simpson College Academic

Scott Sams

Cottey College Academic Scholarship

Amy Jo Smith

Scholarship Amy Jo Smith

Scholarship

Tami Takle

arship Tami Takle

Northwest Missouri State Uni versity Regents Scholarship

Rob Van Auken

Rob Van Auken Oklahoma Tuition Waver



Top 10 percent of the Class of 1990. Front Row: Marit Munson, Heidi Brayton, Holly Lephart, Judy Pang, Frank Genalo, Tami Takle, David Andre, Josh Murphy. Second Row: Brian Pattinson, Sarah Harms, Jennifer Stewart, Cindy Harris, Anne Cheville, Becky Jorgensen, Theresa Yaney, Gabi Kupfer. Third Row: Lia Pierson, Matt Douglas, David Burnett, Heidi Shierholz, Shannon Fultz. Back Row: Gretchen Vogel, Eric Huang, Steve Wuhs, Mike Cantonwine, Jill Wall, Christa Jungst, Susan Recker, Dan Dobson.

Striving for the top

Nicole Stocks

Besides scurrying around to take care of last minute details. seniors filled out stacks of scholarship applications. For my full tuition," Dean said. many, they played an important part in paying future tuitions and expenses. And seniors found that the preparation and interviews could be a little nervewracking.

"At my personal interview I was so nervous. There were three representatives from Wartburg and they were drilling me for a long time. I was afraid I was going to say the wrong thing," senior Theresa Yaney

For her art scholarship to UNI, senior Hester Dean said there was a lot of competition among some of the best art students in lowa.

"I had to show a portfolio of all my artwork against 46 people. I was in the top 10 that were chosen for scholarships. It's paying

Students that applied for music scholarships usually had to perform for music professors or band directors from different colleges.

"I worked really hard for my music scholarship. I stressed my work in preparing for my audition," senior Allison Horner said.

For some students, receiving an academic scholarship had been a long-term goal. These students put extra effort into their schoolwork.

"I think the hard work began four years ago when I decided to study science and math. It all said. paid off because I received an



engineering scholarship to lowa State," senior Colin MacGillivray

Filling out an application for one of several scholarships she received, senior Traci Rogers lists the many extracurricular activities she took part in during high school. (Photo by Laura Zachary)

Oklahoma University Award of Tenaya Darlington Excellence

Rob Van Auken

Carleton College Scholar

Gretchen Vogel

Notre Dame Scholar

Gretchen Vogel

Cornell College Distinguished Gabi Kupfer

Scholar

Jill Wall

Lawrence University Scholarship

Steve Wuhs

National Presbyterian Scholarship

Steve Wuhs

Wartburg College Alumni Grant guished Award Theresa Yaney

Wartburg Regents Scholarship U. S. Army Reserve, National sila, Kevin Lee, Eric Warme Theresa Yaney

JOURNALISM/ENGLISH

"Scratch Pad" 1990 Awards

Doug Bock, Tenaya Darlington, Christine Hall, Cynthia Harris, Brian Messenger, Marit Munson

Knox Writer's Scholarship

Scholastic Writing Award

Deb Forssman, Gabi Kupfer

IHSPA Writing Award

Frank Genalo, Jennifer Jones

1st place Division Iowa Lyrical **Poetry Association**

UNI Student as Critic Writing Contest, 2nd Place

Gabi Kupfer

NCTE Achievement Award in AAPT/Metrologic Physics Bowl Lia Pierson

Writing Marit Munson

MILITARY

Brian Campbell, Paige Hoefle

Scholar/Athlete Award

Tom Joensen, Lia Pierson

MUSIC

Weston Noble Music Scholar-

ship

Dan Anderson

Iowa State Music Scholarship Andrew Buttermore, Christine Evans, Jill Osweiler

St. Ambrose University Music SERVICE ORGANIZATIONS Scholarship

Christine Evans

Waldorf College, Vocal Music Debi Bitz Award

Allison Horner

Luther College Music Lesson Hy-Vee Scholarship Scholarship

Traci Rogers

SCIENCE AND MATH

David Andre, Frank Genalo, Rob

Hentzel, Geoff Wilcken

National Math Contest

U. S. Marine Corps Distin- Sumit Basu, Bryce Freeman, Ames City Employees Credit Frank Genalo, Bob Goodfriend, Terrill Johnston, Kirston Las- ship

> lowa State Carver Scholarship for Women in Science and Technology

Heidi Brayton

Iowa State Dow Chemical Corporation Scholarship

Heidi Brayton

Physics Rensselaer Award

Rob Hentzel

Ames Home Builder' Auxiliary

Scholarship

Tandy Corporation Scholar

Sarah Harms

Kurt Munson

Ames Soroptomist Youth Citizenship Award

Ames Arcadia Lodge Masonic Scholarship

Traci Rogers

Union Dave McCoy Scholar-

Traci Rogers

Ames Women's Club Scholarship

Traci Rogers, Jennifer Stewart Ames Noon Kiwanis Club Scholarship

Jennifer Stewart

Wal-Mart Scholarship

Theresa Yaney

Faculty

Roger Andersen: Instrumental Music, 9th Grade Band Director. Keith Bailey: Physical Education. Rick Ballantine: Orientation Tutor, Project Success Tutor, Assistant Varsity Football Coach, Assistant Girls' Track Coach. William Barrett: Special Needs, Science, Language and Reading Skills, Community Mobility.

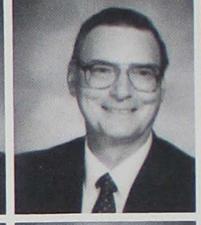
Ron Bredeson: Formal Geometry, General Math, Pre-Algebra, Chess Advisor. Judy Brunner: Educational Assistant. Karen Bruton: Typing I, Typing II, Project Success, Career/Vocational Coordinator. Mary Buck: Educational Assistant-Science Department, Girls' Chaperone.

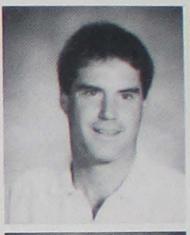
LoAnn Campbell: Writing Workshop 10, Survey of American Literature, American Literary Masterpieces, Honors American Literature, NCTE Achievement Awards in Writing Coordinator. Keith Carlson: British Literature, AP Senior English, English 9. Kirk G. Daddow: Composition for the College Bound, AP Western Civ., U. S. History, ELP Coordinator, Head Football Coach, "Scratch Pad" Sponsor, Academic Teams Coach. Harold Dorr: Biology A, Biology B.

Jim Duea: U. S. History, Honors U. S. History, U. S. Government, Head Girls' Track Coach, Sophomore Football Coach, Vertical Social Studies Chair. George Duvall: Algebra II-B, General Math, Pre-Algebra. Kari Ellett: Educational Assistant. Doug Elliot: Food Service Assistant.

Bonnie Epstein: Project English 9, 10; Resource Room. Don Faas: Consumer Auto, Auto Mechanics II, Trade and Industrial COOP Program, VICA Advisor, Industrial Technology Department Coordinator, Health Occupations, Lab Assistant Coordinator. Elaine Faas: Attendance Secretary. John Forssman: Survey of American Literature, Basic Composition, English 10 Literature, Honors English 10 Literature, Honors Writing Workshop.

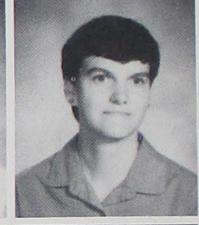


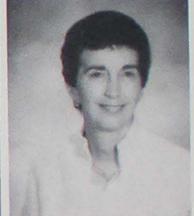




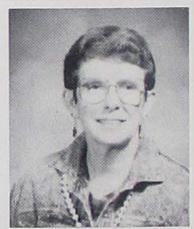


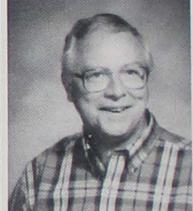








































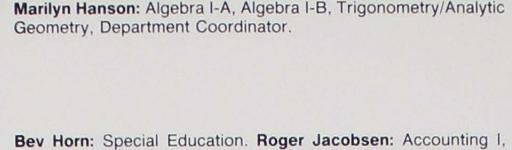
Betty Furr: German I, II, III, IV, "Wombat" Adviser, Human Relations Committee Member, German Trip Coordinator. Nancy Gaertner: Analytical Geometry, Geometry A, Applied Mathematics, Mathematics Vertical Committee. Karlene Garn: Media Specialist, Department Coordinator. Homer Gartz: Concert Band, Symphonic Band, Marching Band, Jazz Band, Pep Band, Department Coordinator.









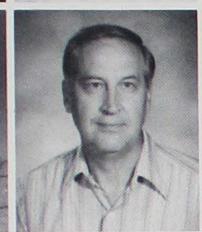


Consumer Economics, Introduction to Business. Dan Jensen: World Studies, U. S. History. Phil Johnson: Formal Geometry, Informal Geometry, Head Baseball Coach, Key Club Advisor, SADD

Reggie Greenlaw: Mental Disabilities. Dorothy Gugel: Art Department Coordinator, Foundations 2-Dimensional, Painting I, Advanced Painting, Printmaking I, Advanced Printmaking, Fibers I, Advanced Fibers, Photography I, Advanced Photography, Color Photography, Art Survey. Leatha Hansen: Educational Assistant.









Advisor.

L iving it up

-Becky Jorgensen

The golden sun sets on a sea of crystal blue water, and the smell of tropical flowers fills your head. You fall asleep SKY.

To many students, this nette Rowley said. scene was one we could only picture while daydreaming in class. But what most of us didn't realize was that those dreams were some teachers' realities.

"I've been to 107 countries on every continent but one, Antarctica, and I want to go there some day too," art teacher Dorothy Gugel said.

While most teachers had not traveled so extensively, all had gained a lot from their voyages. Some even acquainted themselves with the place they were going before

they left.

"I've read short stories and a history of Russia in preparation for the trip. We've also had teaching sessions to learn the on the white sand while the language, history, and geograstars twinkle in the cloudless phy, so we can appreciate the culture," English teacher An-

Rowley went to Russia with a group of students and staff members from the Russian Department at Iowa State University. They traveled to Helsinki, Kiev, Leningrad and Moscow.

Others had the opportunity for travel through contests.

"We're going to the Caribbean on a four-day cruise, because my husband won it at his business," French teacher Sally Schonhorst said.

These teachers enjoyed the time away from Ames because they could experience a different culture and maybe find a lit-



tle peace and quiet too.

"I am going to relax and live like the rich and famous," Schonhorst said.

Looking through travel brochures for the Bahamas, LD teacher Sharon Morford points out places of interest in Nassau to LD teacher EleNore Tallman. Tallman took a one-day trip to the Bahamas for lunch in March. (Photo By Laura Zachary)

Jim Jones: Physics A. Jane Jorgensen: Educational Assistant. Tom Jorgensen: Sociology. Mary Kautzky: Modern Dance, Physical Education, CPR, Terpsichore Director.

Dick Lang: Computer Application, Computer Programming (Basic), Computer Science (Pascal), Computer Club Advisor, Odyssey of the Mind. Diane Larson: Special Needs M. D. Teacher. Sue Lawler: Spanish I, II, III. Bud Legg: Counselor, Senior Class Co-Sponsor, Human Relations Committee, Assistant Boys' Basketball Coach.

Starla Longnecker: Educational Assistant. Ylene Longwell: Media Specialist. Leslie Maze: Counselor. Joni McNab: Adult Education Coordinator.





E) xercising to stay fit

-Jennifer Holden

pants were often seen around Siebert said. school, but students weren't the ions. Many faculty members essary. were into daily exercises to stay ing it.

Some felt the best exercise was walking, for whatever reasons.

"When I walk with my neighbor, I like to talk while I walk; if you run you can't talk, and you miss out on socializing," educational assistant Judy Brunner said.

Along with socializing, many walked for the health reasons.

"I walk and go on nature hikes. One of the reasons I exercise is it opens my arteries, plus I love the outdoors. Sometimes

I take my dog with me, then we both get to exercise," Student Tennis shoes and sweat Services secretary Bernadette

But some didn't exercise as only ones donning these fash- much as others, only when nec-

"Since I don't have a remote healthy and have a little fun do- control on my television, I have to walk to the television and change the channel; that's my exercise," English teacher John Sletten said.

> Obviously, not all teachers preferred walking for exercise; some liked competition.

> "For my physical workout I play racquetball, tennis and work on my farm, but for my mental workout I teach "Macbeth" to students. With both of these workouts, I achieve mental stability," English teacher Keith Carlson said.

Most of the faculty members



chose a variety of exercises to achieve the same goals; to stay healthy and have to fun doing it.

Exercise was part of media special ist Ylene Longwell's job. "I get most o my exercise by pushing televisions and VCRs around school," Longwell said (Photo by Paige Hoefle)



Mary Mekemson: Mental Disabilities 9, 10, 11, 12; Special Class Integration 9, 10, 11, 12; Special Olympics Volleyball Coach, Special Olympics Track Coach. Terri Mickelson: Spanish I, IV; Spanish Trip Leader. Jean Miller: Project Success, Orientation Program, Student Assistance Program. Scott Mihal: Student Wrestling Coach, Special Education Assistant.

Sharon Morford: Career Prep, Project English 9, 10, 11, 12; Project Math. Kendi Neff: English 10 Literature, Intro to Journalism, Applied Journalism ("Web"), "Spirit" Adviser. Tom Nehls: Instrumental Music, Concert Band, Marching Band. Jane Olson: Counselor, Student Council Advisor.

Janet Olsan: Student Services Secretary. Ruth Ornberg: English 9, Developmental Reading. Carl Pelzer: English 9, English 10, Composition for the College Bound, Assistant Varsity Football Coach, Assistant Boys' Track Coach. Dee Penning: Ames Education Association, Special Education Assistant.

Michael Petersen: Honors Biology, Physical Science, Student Review Board. Barbara Peterson: Spanish II, III; Spanish Competition, National Spanish Exam, Student Assistance Team, Student Assistance Program. Mary Kay Polashek: Orchestra. Alice Richard: Reading I, II; Project Success, Content Area Teacher.

William Ripp: Associate Principal, Senior Class Sponsor. Kathy Scebold: Special Needs M. D. Classroom, Integration Program Sponsor, Student Review Board. Donna Schepers: Housing/Interior Design, Adult Living, Foods and Nutrition I, II; Child Development/Parenting, Department Coordinator. Kirk Schmaltz: Biology A, Health 10, Girls' Cross Country Head Coach, Wrestling Assistant Coach, Girls' Track Assistant Coach.

Mary Ann Schmidt: Counselor, Dean of Students, Rules Committee, Student Review Board, Student Council, Human Relations Committee, Chair Student Assistance Team. Sally Schonhorst: French II, III, IV; Foreign Language Department Coordinator. Gary Schwartzhoff: Concert Chorale, Concert Choir, Freshman Choir, Chamber Singers, Small Ensembles. Marvin Scott: Western Civilization, World Studies, Economics, Model United Nations, Debate.

Bernadette Siebert: Student Services Secretary. Vincent Simon: Custodian. Norma Sisson: Media Specialist. Lise Sletten: Education Assistant.



E ducation proves endless

-Karen Heggen

"Not by age but by capacity is wisdom acquired." -Plautus

Teachers found that learning was a two way street.

Students enlightened teachers in many ways and often this allowed the teachers to improve their classes.

of view, which is good for a teacher. I learn that things I think are simple can be very difficult for the students and things I think are difficult can be very simple for the them," language teacher Toni Woodman said.

Teachers also learned basically what to expect from their students each year. According to some, this was the same year to year.

"(I've learned) to always ex- vall said. pect the unexpected and that basically kids' needs don't teaching as students do being change from year to year," En-

glish teacher John Sletten said.

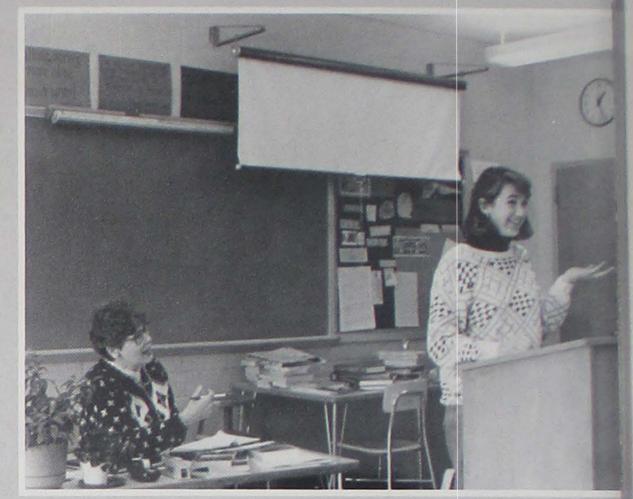
Dealing with teenagers every day caused some faculty members to look back on their own childhood.

"I've learned a real appreciation for my teenage years, from the standpoint that I didn't have "I get a lot of different points the stresses they have now," Dean of Students Mary Ann Schmidt said.

> Teaching also pointed out ideals which teachers used when approaching their students.

> "Among the things I have learned is that the enthusiasm of youth is priceless. The challenge really is to direct the enthusiasm into a desirable channel," math teacher George Du-

> "I can learn just as much by taught. The day I stop learning



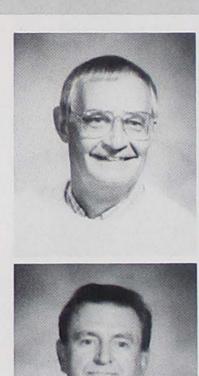
should be the day I stop teaching," science teacher Kirk Schmaltz said.

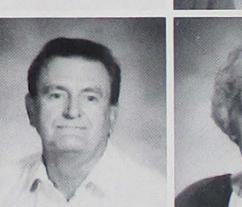
Sophomore speech class provide an informational period for students ar teachers. English teacher Annet McArthur Rowley gives sophomore M gan Freeburg helpful hints for her ne speech. (Photo by Paige Hoefle)

John Sletten: Survey of American Literature, Composition for the College Bound, Introduction to Mass Media, Discussion and Argumentation, Sophomore Speech, Boys' Track and Cross Country Head Coach. Mona Smith: Perspectives, Spanish I, Composition for the College Bound, Creative Writing, Department Coordinator, Language Arts Cabinet, Racism Discussion Group, Project Success Advisory Board. Dr. Suzanne M. Spoden: Assistant Principal. Ann Stokka: Bookkeeper.

Jerrold Swenson: Drafting-Graphics, Architectural Drafting and Design, Woodworking, Special Industrial Technology. EleNore Tallman: Project English 11, 12; Career Prep 12, Project Math. Nancy Torkildson: Earth Science. Sylvia Torry: Behavior Disorders Teacher.

Dale Tramp: Dean of Students, Counselor, Sophomore Football Coach. Jack Troeger: Earth Science. Gene Ulvestad: Algebra I-A, Algebra I-B. Tony VanderZyl: Algebra II, Probability and Statistics A. Basic Geometry.















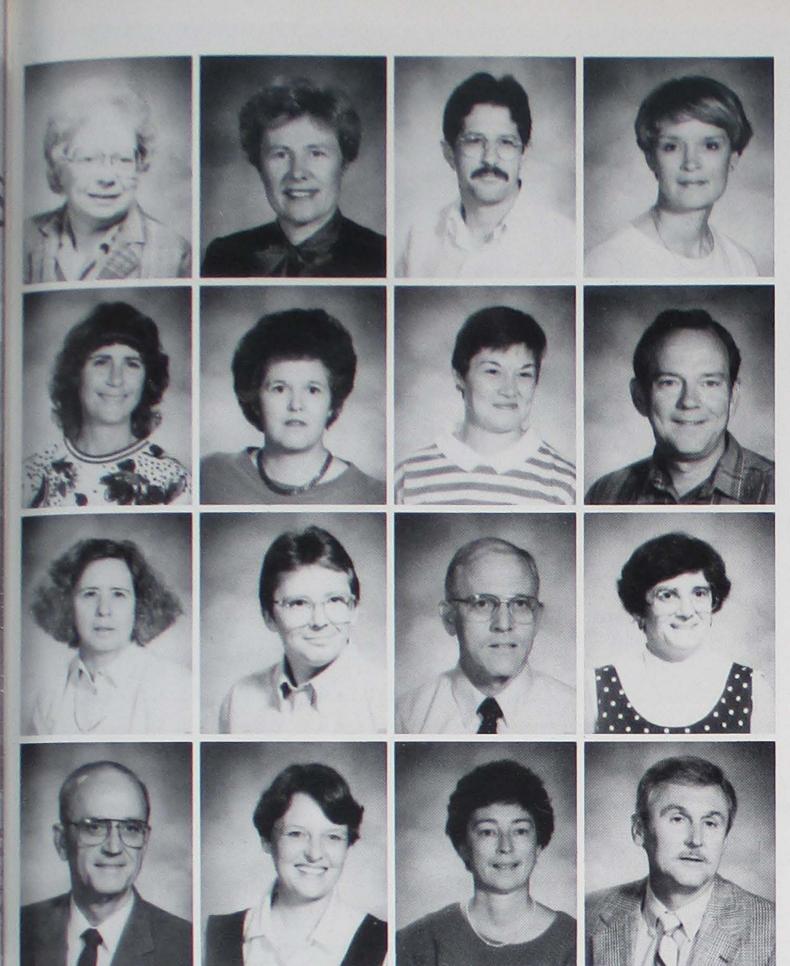












Mary Van Marel: English as a Second Language, Experience Based Career Exploration, Night School Diploma Program. Georgia Vondra: Secretary. Jerry Vos: Special Needs M. D. Teacher. Julieanne Ward: School Social Worker.

Mary Wauson: Special Needs M. D. Teacher. Phyllis Webb: Secretary. Barb White: Composition for the College Bound, Freshman and Sophomore English. Richard White: Anthropology, Sociology, U. S. History, U. S. Government, Social Studies Department Coordinator, Human Relations Committee.

Rose Wilcox: Business Applications, Business Communications, Speedwriting, Typing I, II, III; Cadet Teaching Program, Business Department Coordinator. Don Williams. Charles Windsor: Physics, Intramurals Director. Nikki Wittmer: Secretary.

Walter Wood: Essential Math, Algebra I-B, Algebra II-B, AP Calculus. Toni Woodman: Basic Composition, French I, II; Faculty Steering Committee President, Human Relations Committee. Hilary Ziebold: Mental Disabilities Teacher, Special Olympics Coach. Larry Zwagerman: Guidance Counselor.



School Board. Front Row: Brian Anderson, Carolyn Jons, Howard Shapiro. Back Row: Bill Summers, Walt Struve, Tim John.



Food Service Staff. Front Row: Vicky Greenlee, Sharon Mott, Darlene Hade, Mar ilyn Larson. Second Row: Shirley Hulse, Irene Kever, Lee Thorson, Ruth Alber Mary K. Mahoney. Back Row: Ray Huston, Judy Hopson, Iona Lenning, Carol Lok en, Charlene Wee.

Not Pictured

Darrill Abel: Applied Eco-tion and Management, ucation. Paul Olsan: Me-Chemistry. Liz Verhoevnomics, Distributive Edu- Business Law, Typing I. tals, Computer Drafting, en: Algebra I-B, World cation Related Class, D. E. Robert Gibbons: Biology Auto Mechanics, Electron- Studies 9. Bruce Verta-Coop, Typing I. Stephen B, Science Department ics. Janet Olson: Guid- nen: Educational Assis-Adams: Earth Science. Coordinator. Marilyn Goll: ance Secretary. Sue Pet- tant. Don Williams: Educa-Linda Andorf: Mental Dis- Nurse. Jean Hagert-Dow: ers: Resource Room, Proj- tional Assistant, P. E. abilities Teacher. John Drawing I, II; Begining ect English. Susie Petra: Adaptive. Phyllis Wirth: Bachman: Educational As- Photography. Ken Hart- Sculpture, Ceramics, Receptionist, Switchsistant, Girls' Varsity Bas- man: Chemistry A. Bob Graphic Design, Drawing, board. Mike Wittmer: ketball Coach. Joni Bach- Heiberger: Drivers' Edu- Jewelry, 2-Dimensional Physical Education. man: Secretary to Athletic cation Instructor. Kathleen and 3-Dimensional Art. Director. Carolyn Boling- Henryson: Educational Dave Posegate: Athletic er: English 9, 10; Composi- Assistant. John Hilgerson: Director. Annette Rowley: tion for the College Bound. World Studies 9. Clemmye Honors English Speech, Barbara Burns: Educa- Jackson: Project Success Speech I, World Literature, tional Assistant. Carol Bur- Adviser. Margaret Jacobrow: Educational Assis- son: Media Secretary. tant. Lloyd Dresser: Par- Diane Larson: Mental Disking Lot Attendant. Anita abilities Instructor. Steve Dyer: Media Secretary. Dr. Linduska: Media Special- ernment, U. S. History. Ralph Farrar: Principal. ist. Bridget McCarley: Ed- Kim Sowards: Educational Merle Garman: Business ucational Assistant. Jack Assistant. Floyd Sturtev-Math, Business Organiza- Mendenhall: Physical Ed- ant: Chemistry B, Honors

Composition for the College Bound, British Literature. Dick Schneider: Social Psychology, U.S. Gov-

What Worked

NEWS

All the news that made the eighties great. pg. 216-217

ENTERTAINMENT

The great entertainers that moved us through the decade. pg. 218-219

TECHNOLOGY

From cumbersome to compact discs, we reached new heights. pg. 220-221

FASHION

The decade was brightened with parachute pants and day-glo wear. pg. 222-223

Newsworthy

√ 77 percent of Americans polled said that environ- can blacks lost their jobs from 1980-1990. mental degradation was a "very serious" threat to The Contras spent \$5,760 on deodorant with U.S. national security.

✓ An estimated 100,000 plant and animal species
✓ During President Reagan's two four-year terms. became extinct worldwide during the 1980's.

✓ An estimated 30,000 anti-abortionists were ar- ✓ During the 1980's, the average increase in the rested from 1987 to 1990.

✓ The U.S. government paid Manuel Noriega an year was 69 pounds. estimated \$1,200,000 during the 1980's.

points after the assassination attempt on his life in was 17 pounds. 1981 by John W. Hinkley Jr.

✓ In 1984, 70 percent of Americans polled said that acres of rain forest was cut down worldwide. the threat of nuclear war with the Soviet Union was / Donald Trump's net worth per pound of body a "very important" problem.

✓ Five countries were cited for human rights abuses ✓ Zsa Zsa Gabor was sentenced to three days in from 1988 to 1990.

✓ The number of soup kitchens in New York went defendants were sentenced to zero. from 30 to 600 during the 1980's.

✓ 21,000 Americans had died from AIDS before 1989, that number reached 3 million. President Reagan discussed the issue.

✓ At the end of 1980, the total outstanding balance Data provided by Harper's, first published in 1989. on U.S. credit cards was \$54,894,000,000. At the (Distributed by Los Angeles Times Syndicate) and end of 1988 it was \$174,792,000,000.

✓ As the result of divestment, 3,520,000 South Afri- 7, 1990.

humanitarian aid in 1985 and 1986.

he had 15 polyps removed.

amount of garbage an American discarded each

✓ From 1980 to 1990, the average increase in the ✓ President Reagan's approval rating went up seven amount of junk mail an American received each year

✓ Each day from 1980 to 1990, an average of 20,000

weight was \$9,700,000 at the end of 1989.

prison for slapping a police officer while Iran-Contra

✓ By 1985, 350,000 Americans were homeless. In

again by the Des Moines Sunday Register January

Would the '80's have bee the same without these people?

Ronald Reagan Donald Trump Oliver North Jesse Jackson Princess Diana The Couch Potato Jim & Tammy Faye Baker Bruce "the Boss" Springsteen Bill Cosby Mike Tyson Stephen King Pete Rose Mikhail Gorbachev Vanna White Baby M Rock Hudson Bo Jackson Gary Hart Fawn Hall

- Ronald Reagan was elected President of the United States. He served eight years.
- The Iran-Iraq war began. It lasted for eight years killing and wounding millions.
- Ex-Beatle John Lennon was killed by Mark David Chapman outside of his home in New York City.
- The ERA (Equal Rights Amendment) failed by three state votes. It would have assured women the same legal status as men.
- Ethiopia, hardest hit by the famine in the East, was given large shipments of food from Western countries. But in 1989 millions had died and little improvement had been made.
- 1,700 people were killed in Bhopal, India when a cloud of methyl isocyanate gas escaped the Union Carbide plant.

1980

1982

1984

1981

- Fifty-two American hostages were returned after being held for 444 days. They were taken when Iranians stormed the U.S. Embassy in Tehran.
- Sandra Day O'Conner became the first female U.S. Supreme Court Justice.

1983

- 260 U.S. Marines were killed and 75 were wounded when terrorists crashed a TNT-laden truck into Marine Headquarters in Beirut.
- U.S. invaded Grenada because of fear that Americans were at risk. Cuban advisers and leftist officials were ousted and a friendly regime was installed.



"After the build up of the 1960's and 1970's, the 1980's were a real flop. The '70's were a classical era, and the '80's couldn't improve on that. The music was bad, the attitudes were bad, and nothing was really accomplished."

-junior Catrina Brown



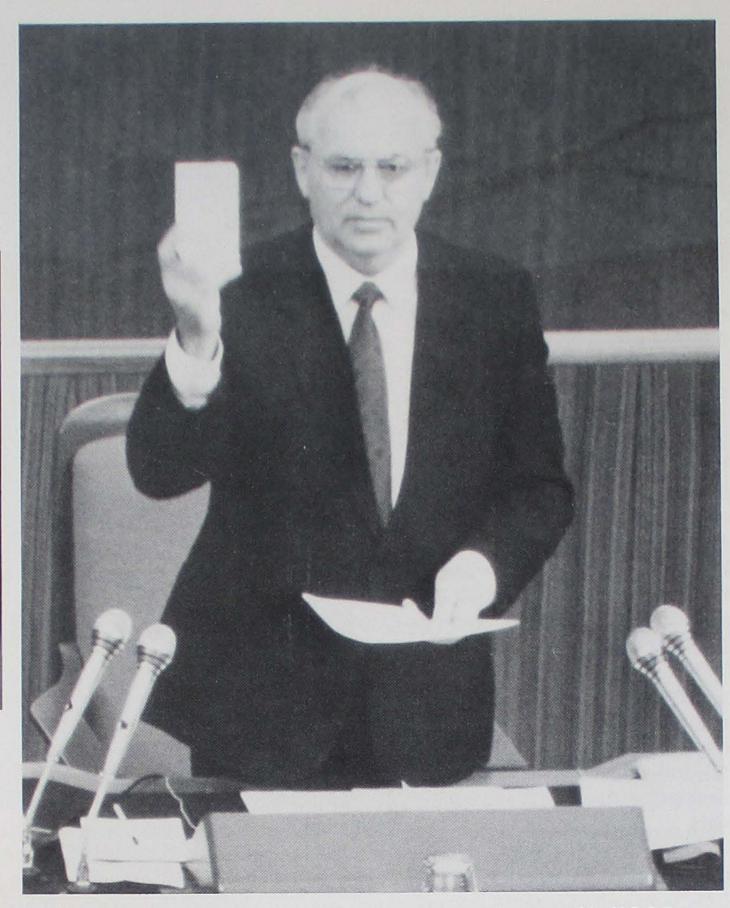
"There was a tremendous change, more than any other decade. It started out with a lot of problems and ended up with more of a positive change than anyone expected."

-senior Jeff Osweller



"I can remember when the Space Shuttle crashed. I was in sixth grade and they interrupted class to tell us about it. We got out of class and watched the video tape. It was really sad."

-sophomore Megan Miller



Mikhail Gorbachev, First Secretary of the Communist Party and President of the U.S.S.R., was named Time Magazine's Man of the decade. (Photo courtesty of R.M. Photo Service)

- A nuclear reactor at Chernobyl, Ukraine exploded, killing 31 and forcing 135 people to evacuate.
- 74 seconds after lift-off, the Space Shuttle Challenger blew up. Due to a faulty Oring and bad judgement from NASA, seven crew members died.

1986

- An earthquake hit the Soviet Armenia. It killed 55,000 and left 514,000 homeless
- Blown down in Lockerbie, Scotland, Pan Am Flight 103, flying from London to New York, killed 11 villagers and 259 passengers and crew. A hidden bomb in the cassette player was the cause of the explosion.

1988

1985

- A Live Aid show was performed in efforts to raise money for famine relief. Artists included Mick Jagger and Tina Turner. It raised \$84 million.
- Two devastating earthquakes hit Mexico City killing and wounding many.

1987

- On Black Monday, October 19, the Dow Jones dropped 508.32 points. Investors lost \$500 billion, yet expected the depression did not come about. The 1989 surge surpassed the pre-crash level.
- An 18-month-old Texas child, Baby Jessica, fell into a 29 foot deep well. She was trapped for 58 hours.

1989

- With the destruction of the Berlin Wall, talks began concerning the reunification of West and East Germany.
- Much of Romania revolted against their Communist leader Nicolae Ceausescu. He was deposed after 24 years of rule.

Cood for UNatching

-Tia Nemitz

A decade of change. It's hard to monitor change, but through the 1980's several trends evolved.

Half-hour sitcoms and hour-long drama shows gained popularity. Polls indicated that the popular shows of the early '80's were "Dallas", "60 Minutes", "Dynasty" and "Magnum PI", which were one hour long. But the popular shows of '88 and '89 were only 30 minutes long and included "Cosby", "Growing Pains", "Roseanne", "Wonder Years" and "A Different World".

"There seems to be shorter TV shows on nowadays. They are easier to watch. It is easier and more enjoyable to sit and watch a show for one-half hour rather than an hour," sophomore Wendy Ward said.

Not only did the length of programs change, so did the content. Critics, as well as parents, agreed that television shows of the '80's, like day and night time soap operas, contained too much sex and foul language. However, soap operas acquired their own changes. They began involving plots that included social concerns.

"I like soap operas. Even though they aren't realistic they are fairly dramatic and fill an afternoon. I noticed they changed a little throughout the '80's. Now, during the summer they follow a plot with a meaning. I remember 'Young and the Restless' did one on drunk driving, teenage pregnancy and AIDS," sophomore Jeremy Moore said.

Another trend that gained popularity was the talk show. Beginning with "Donahue", there were four other daytime programs: "Oprah Winfrey", "Geraldo", "Joan Rivers" and "Sally Jessy Raphael". Night time talk shows were popular as well and included "Late Night with David Letterman", "Arsenio Hall", and "The Tonight Show with Johnny Carson".

"I stay up and watch 'Letterman'

quite often. It's a great show. There is always somebody new on, unless it's a rerun, and Letterman is funny. He's either picking on someone or someone is slamming on him," junior Mark Wessman said.

VCRs made it possible to tape shows that aired during the day or late at night when it wasn't convenient to watch them.

"I'm not always home to watch

my favorite TV shows or a good movie that might be on, so I have my mom tape it for me. That allows me the chance to watch it when I want to or even several times after that," junior Janel Brakke said.

Concentration on content in programming gave television a more dramatic appearance and viewer loyalty.



"Rain Man' was an excellent movie. It was not only entertaining but also it dealt with real life circumstances. It dealt with how people interact and communicate with each other.*

Junior Sarah Uhlenhopp



"On TV I think some of the shows have gotten dumber. There are a few left, but not like there used to be. Some of them are funny and some are supposed to be but aren't. The comedy has gotten dry." -freshman Derek Kepley

The top 10 prime-time series on television in the '80's:

1980: "60 Minutes"

1981: "Dallas" 1982: "Dallas"

1983: "60 Minutes"

1984: "Dallas"

1985: "Dynasty" 1986: "The Cosby Show"

1987: "Cosby" 1988: "Cosby"

1989: "Cosby" (prediction by People, Fall

1989)

We may have watched Bill Cosby and the gang on the "Cosby" show, but how many of us sat down and watched "60 Minutes", or "Dallas" when we were between the ages of 7 and 12? Of the students asked, many agreed that the following shows were more popular among us:

"Three's Company"

"Family Ties"

"Growing Pains"

"Different Strokes"

"Dukes of Hazzard"

"Falcon Crest"

"Knots Landing"

"Magnum, P.I."

"Moonlighting"

"Double Trouble"

"CHIPs"

"Roseanne"



"The '80's brought on TV talk shows that carried on like the 'Enquirer'. 'Geraldo', 'Oprah Winfrey', and 'Donahue' have discussed topics from white supremists to plastic surgery."

-senior Traci Rogers



Starring Michael Keaton as Batman and Jack Nicholson as the Joker, the top grossing movie of 1989 was an enormous hit a people all ages. (Photo courtesy of RM Photo Service)

For listening pleasure

Many of us bought these albums.

Some of us may have been proud of our purchases at the time, but may be embarrassed looking back.

The top 10 selling albums were: 1980: "The Wall" - Pink Floyd

1981: "Hi Infidelity" - REO Speed Wagon

1982: "Asia" - Asia

1983: "Thriller" - Michael Jackson

1984: "Thriller" - Michael Jackson

1985: "Born in the U.S.A." - Bruce Springsteen

1986: "Whitney Houston" - Whitney Houston

1987: "Slippery When Wet" - Bon Jovi

1988: "Faith" - George Michael 1989: "Like a Prayer" - Madonna We might have heard these on the radio a bit too often, but that's how they became the top 10 singles of the 1980's:

1980: "Call Me" - Blondie

1981: "Bette Davis Eyes" - Kim Carnes

1982: "Physical" - Olivia Newton-John

1983: "Every Breath You Take" - The Police

1984: "When Doves Cry" - Prince

1985: "Careless Whisper" - Wham

1986: "That's What Friends Are For" -

Dionne & Friends

1987: "Walk Like an Egyptian" - The Bangles

1988: "Faith" - George Michael

1989: "Wild Thing" - Tone-Loc (1989 predictions by People, Fall 1989)

Thumbs Up

The Academy Award winners for Best Picture during the 1980's were:

1980: "Ordinary People" 1981: "Charriots of Fire"

1982: "Gandhi"

1983: "Terms of Endear ment"

1984: "Amadeus" 1985: "Out of Africa"

1986: "Platoon"

1987: "The Last Emperor"

1988: "Rain Man"

1989: "Driving Miss Daisy"

The Academy Award winning movies may have received the most votes, but these raked in the most profit. The top grossing movie of each year was:

1980: "The Empire Strikes

Back"

1981: "Raiders of the Lost Ark"

1982: "ET"

1983: "Return of the Jedi"

1984: "Ghostbusters"

1985: "Back to the Future"

1986: "Top Gun"

1987: "Beverly Hills Cop"

1988: "Who Framed Roger

Rabbit"

1989: "Batman"

(1989 prediction by People, Fall

1989)

lew Age Advancements

Did they leave us behind or make life easier? The many advancements and modifications that came about in the 1980's helped make things more convenient and saved time.

We entered the decade with many things having just been introduced to us, such as microwaves, computers and VCR's. Although they existed before, they went through many modifications in the '80's. Computers decreased in size, from filling an entire room to a lap-size portable, while taking on new feaures including non-attatched keyboards and three and a half-inch discs. Microwaves and VCR's became smaller and more efficient.

"Everything made life a lot more convenient, also it became more affordable. Earlier nobody could afford a VCR, now almost everybody has at least one," sophomore Cari Foote said.

Stereo systems also took on a new look. With the '80's progress, the development of the compact disc player put music in a new, longer lasting form, making albums almost obsolete.

"I bought a CD player because I really enjoy good music. They offer clear sound at a reasonable price considering they last much longer," junior Josh McGrigg said.

Other new advancements included satellite dishes, walkmans, answering machines, cordless telephones, cellular (car) phones, and Atari/Sega entertainment centers.

Technology didn't leave us behind. We adjusted easily to the new conveniences and encouraged more to be made available.

Automatic teller machines (ATM'S) offered a quick and easy way to get money from an account 24 hours a day. (Photo by Sam Shearer)



n a Larger Scale

Walkmans and compact took its maiden voyage in major technological advancements to the average "Joe", but when it came to new equipment, the Pentagon paid a real price for its play toys.

Space exploration began in the late 50's, but real use of space and space vehicles didn't take off until the 80's. The first of the reusable space shuttles, Columbia,

disc players may have been 1981. Four years and 23 shuttle flights later, the second shuttle, Challenger exploded just seconds after lift-off and set the space program back three years.

> satellites in orbit was the intended use of the space shuttle. During the Reagan administration, it was expected to also assemble and service a strategic arms

thrown by the wayside, but price tag of \$2 billion. not until billions of dollars project.

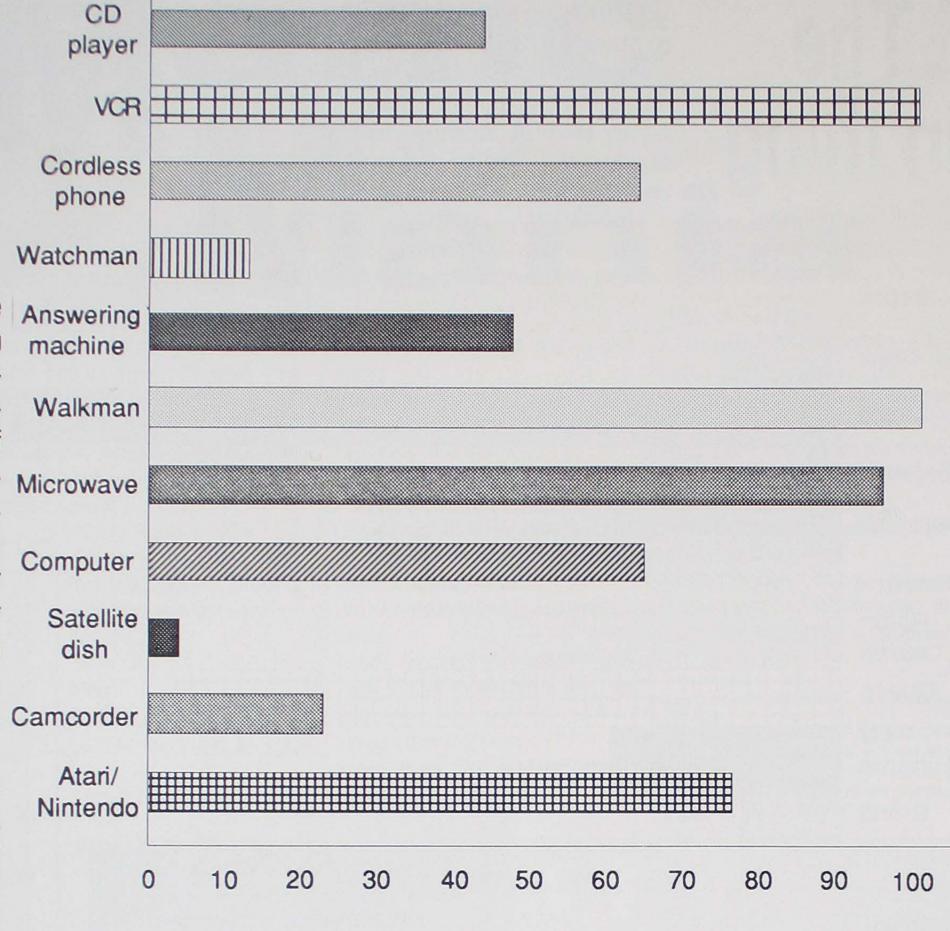
claimed Stealth Bomber, financing This spy plane could sup- games. posedly fly over enemy terri-

defense system, alias STAR tory without detection. Gov-WARS. This system, which ernment officials decided not was heralded to end the to use the bomber after the arms race, was never com- first five had been assembled pleted and the idea was because each one had a

As people had to wring Placing communication had been invested in the out their bank accounts to purchase VCRs and micro-Another billion dollar waves, money they'd paid in throw-away was the ac- taxes was often thrown away government

Stepping Ahead

Technology in the eighties broke away from large and time consuming machines and focused on a new age of efficiency. At the begin- Microwave ing of the eighties, households were completely manual. Today, dinner can be ready in under five minutes, taxes can be computed in half an hour, and video games Camcorder can be played from bed. The graph (right) shows what new gadgets a sample of 10 percent of the student body and their parents purchased during the last 10 years.





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idin

way

"Spirit wouldn't be the same without computers. It allows us to get done in a matter of hours what would of taken us weeks to do 10 years ago."

-senior Sarah Ford



"There are a lot of fax machines nowadays. I read that at a McDonalds and some pizza places that you can order your food by fax."

-Junior Tammi Burnham



"ATM's (Automatic Teller Machines) are a great way to get money when you need fast cash. They are always open and easy to use."

-junior Mike Corones

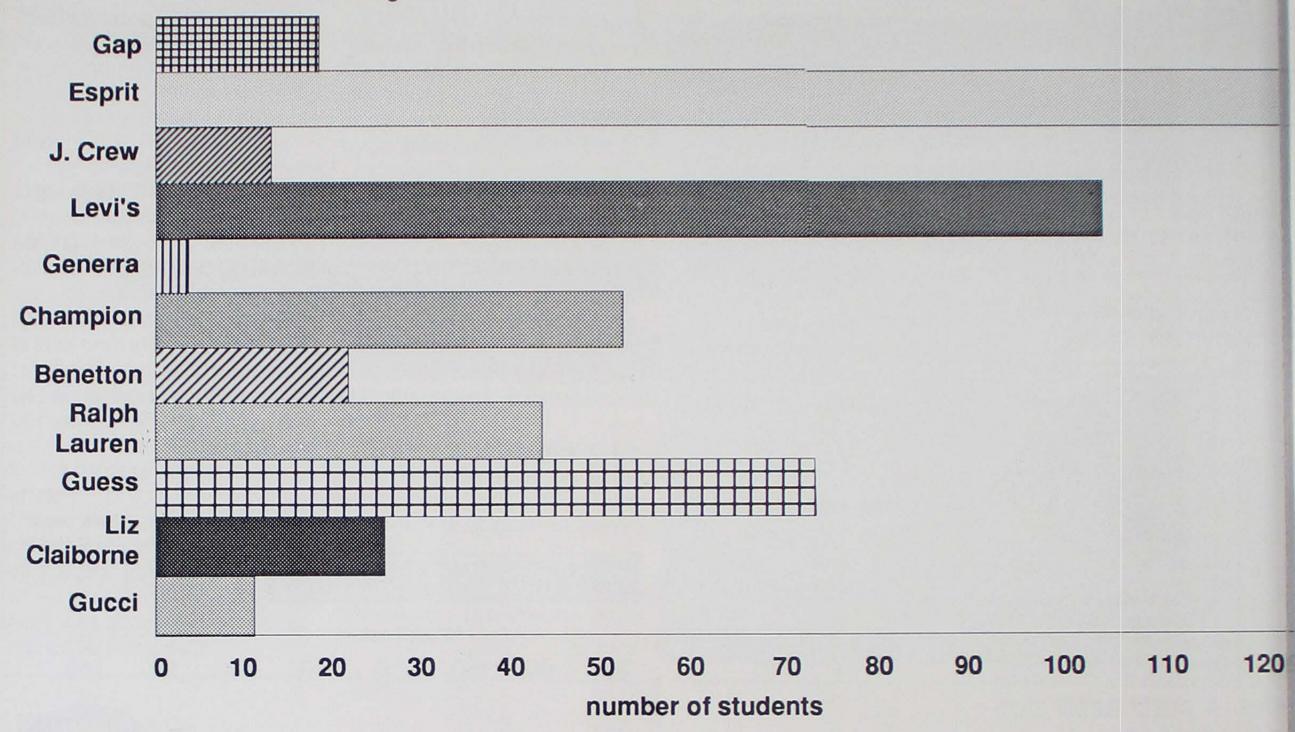


"Technology has made life a lot easier. It's great to be able to pop something into a microwave, eat and run." -sophomore Elaine Powell

The 'in thing'

Wearing the latest thing to have the hottest look was ranging from freshmen to a top priority for many students. In the eighties, there brands they wore most ofwere several brands that ten. stuck out in minds of many teenagers.

A sample of 500 students seniors were asked what



said hat?

Who said what? It is that these true phrases caught our attention, for a while anyway.

1980: "Take a meeting"

1981: "Totally awesome"

1982: "Gag me with a

spoon"

-Moon Zappa

1983:" Make my day"

-Clint Eastwood

1984: "Where's the beef?"

-Clara Peller

1985: "You look marvelous"

-Billy Crystal

1986: "Can we talk?"

-Joan Rivers

1987: "Isn't that special?"

-Saturday Night Live;

The Church Lady

1988: "Read my lips"

-George Bush

1989: "That's a no-brainer" List provided by People, Fall 1989

That was a list of great lines of the past decade provided by People Magazine. But this list includes

favorite sayings students may remember a little better.

"Kiss my grits."

-Flo (Alice)

"Nanu nanu"

-Mork from Ork (Mork and Mindy)

"Very decent, I must say."

-Ed Grimley (Saturday Night Live)

"Hilarious"

"Get serious"

"Hey dude!"

"Chill out"

"Just do it"

-Nike

"Kowabunga"

-Teenage Mutant Ninja Turtles

Manic ania



*Everyone was much too materialistic. Everyone who tried to be an unconformist ended up being a conformist because they were all trying to be different. In the end they all ended up being the same."

-junior Nicki Praty



*There was no reason for Cabbage Patch Kids. They were just 'in'. I don't understand, they were stupid yet cool."

-freshman Jeanne Sundstrom

Crazes? What we bought, did, wore, or watched from 1980 to 1989 according to People, Fall 1989.

1980: Designer jeans

Remember those with the rainbow on the back pocket or the pinstriped ones?

1981: Rubik's cube

Taking it apart or changing the stickers around were the easiest ways to solve it.

1981: Atari & Coleco Vision

Did the noise from those games ever get to you too?

1982: Jane Fonda's

Workout

She got the fitness movement Who said there was nothing to hug? going.

1982: Smurfs

Saturday breakfast wasn't the 1987: Real Ghostbusters same without them.

1983: Trivial Pursuit

It was a more entertaining way of testing our knowledge than the ACT or SAT.

1983: Cabbage Patch Kids

Whoever designed these made a killing.

1984: Transformers and Gobots They were more than met the eye.

1985: Running shoes

From then on, athletic shoes counted.

1985: Pound Puppies

1986: Laser Tag

Whatever happened to freeze tag?

They were the bendable versions of Bill Murray and Dan Aykroyd.

1988: Nintendo

Rumor had it that Mario was going to run for President.

1989: Batman

Who would have imagined such collectable could be so popular?

Toward the end of the eighties people found that simplistic style was the way to go. Basix in Campustown was one place combination clothing could be purchased.



"I think that tails were stupid. can remember when everybody went out and cut all their hair except for the tail. I think hair was meant to look normal."

-freshman Judd Horras



Manager Manage

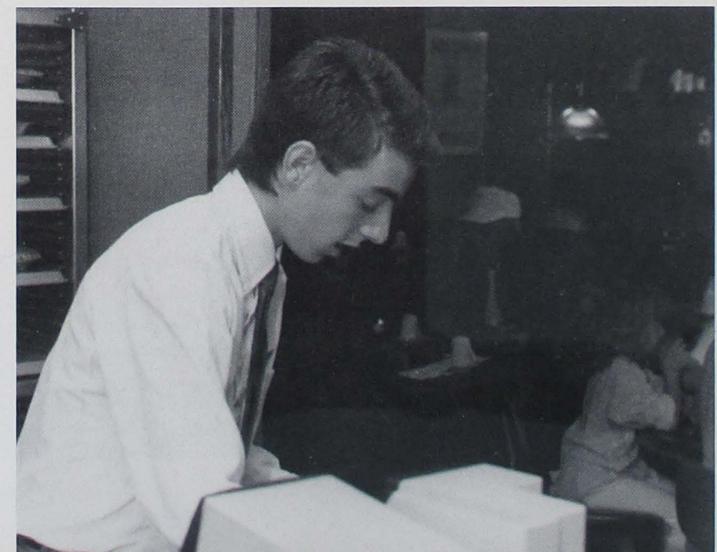
Securing money for those Friday night flings or those concerts that we just couldn't miss was never a simple task. A few students mastered the art of wringing cash out of their parents, but many of us found ourselves spending hours at a variety of jobs.

Most Ames area businesses were willing to help students get their start in the job world. Over 30 businesses offered openings for DECA and VICA programs to put students into. Other students secured jobs through friends, job services, or by braving interviews on their own.

While several students were earning their wages, others were blowing them on everything from pizza to mountain bikes. Seniors who shared free periods with friends often went out to eat every day. With over 175 days of school, and a slice of Great Plains pizza plus pop costing around \$2, daily lunches took a bite out of the pocketbook. Other students stuck to only purchasing the "necessities", like that radical mountain bike in the window of Michael's Cyclery, or a year membership to the Racquet Club.

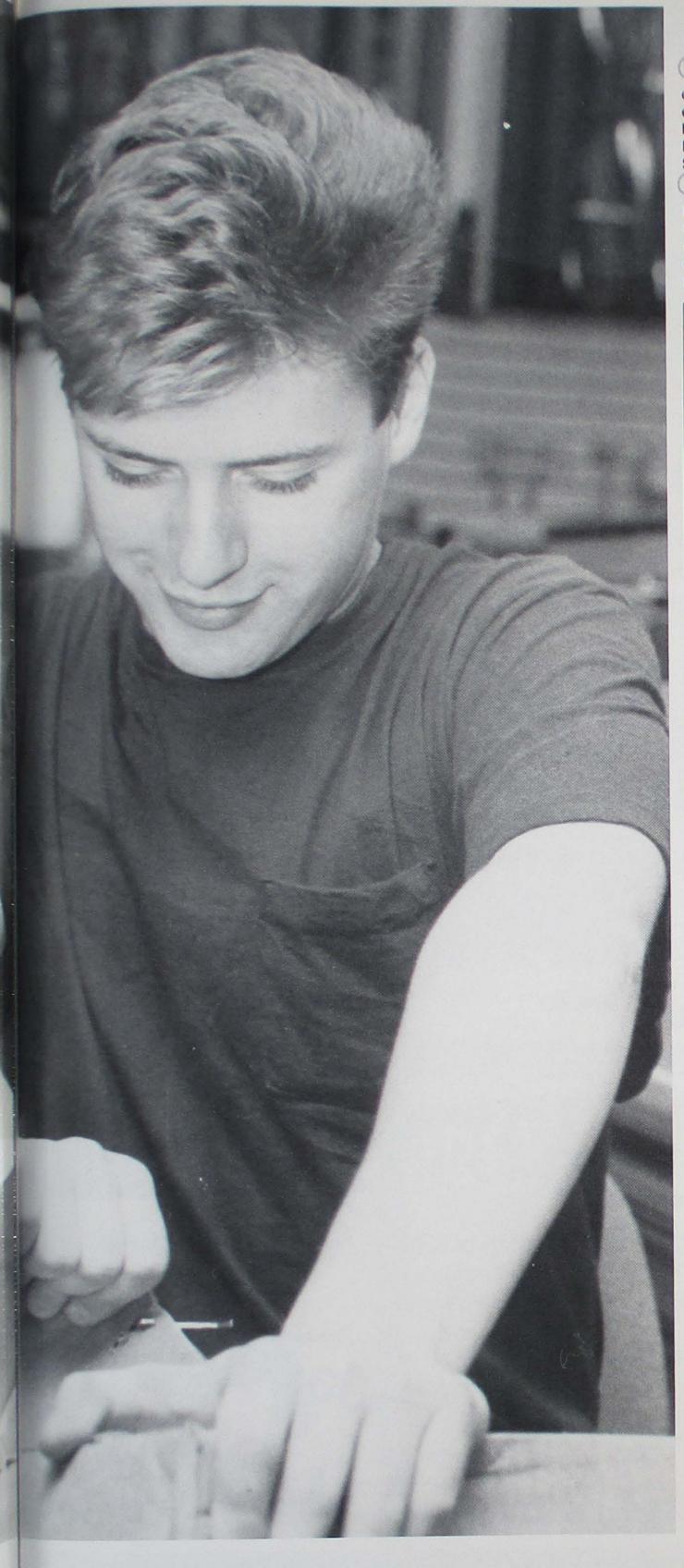
Students low on the cash needed to purchase those "necessities" found hours of washing tables at Country Kitchen and selling shoes at Lazy M pulled their accounts out of the red for at least a week or two, and may have left them with just enough money to buy a "SPIRIT". Since "SPIRIT" cost about \$20,000 to produce, staff members also sold ads to businesses and senior parents to keep the yearbook in the works.

The need for finances to purchase all those "necessities", and the need for workers to sell them, kept students and Ames businesses in the money.



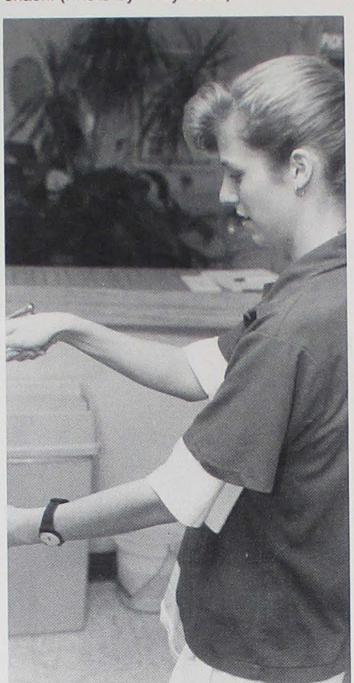
Working the cash register at Village Inn, junior Steve Litchfield rings up a customer's total. Restaurants and grocery stores employed the majority of working high school students. (Photo by Andy Scott)





Ripping into a box of bicycle parts at Michael's Cyclery, senior employee Jeff Osweiler hopes to find the parts he needs to repair his own bicycle, as well as those he fixes for Michael, in the new shipment. (Photo by Andy Scott)

As an employee of TCBY, junior Claire Haws makes one of their famous Waffle Cone Sundays for a customer. TCBY specialized in frozen yogurt. With fewer calories than ice cream, frozen yogurt became a popular snack. (Photo by Andy Scott)





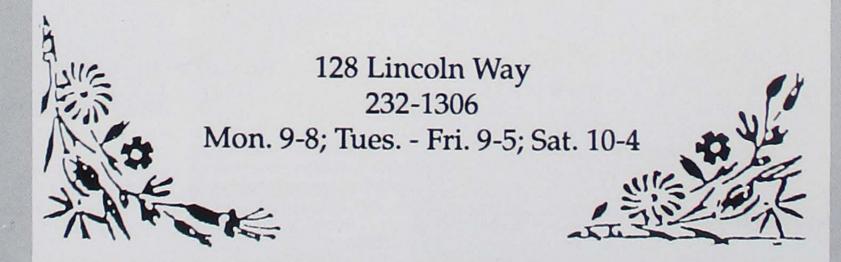
Wielding her Exacto-knife, senior Tami Takle puts together a spread of advertise-ments for the yearbook. Ads were sold by all "SPIRIT" staffers, but the layouts was arranged entirely by Takle, the ads editor. (Photo by Andy Scott)



Alfred's Carpet and Decorating can help you with all of your decorating needs both residential and commercial. We are your one stop source for all these products:

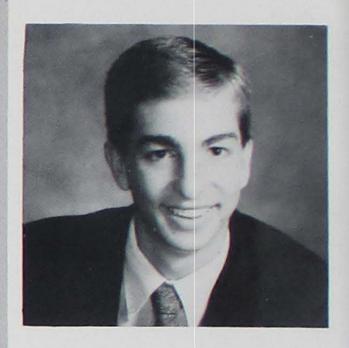
- -Carpet
- -Vinyl Flooring
- -Wood Flooring
- -Ceramic Tile
- -Formica
- -Area Rugs
- -Window Treatments
- -Wallpaper
- -Design Service

Stop in today and let our design staff help you put together a new look with 1990's newest introductions.





Whitney Olson



Brian Hansen



Carol McGee

Jacquelyn's

Deer Run RR 4 292-9605



Not too Big, Not too Small... We're Your Family Sized Drugstore

Congratulations 1990 Graduates!

3700 W. Lincoln Way Ames, IA 50010 292-6191



THE RIGHT BRANDS RIGHT NOW

WE GUARANTEE

the lowest prescription prices in Ames

207 S. Duff 233-1145

Quality. It's as important in diamonds as in everything else you own.



Magi Jewelry

Bill and Mary Jackson, owners

717 24th St.

232-8845

Downtown Deli



328 Main

During their fourth period lunch break, seniors Chris Nelson, Brian Moreland and Chris Kennedy take a break to enjoy one of Downtown Deli's many sandwich varieties. (Photo by Andy Scott)

232-3626

Larry and Rita Bennett owners



SUPERSPUD.

Stuffed Potatoes Mexican Food Sandwiches Side Orders Salads Soups

Now serving breakfast
Open Mon.-Fri. 7 a.m.-9 p.m.
Sat. 7 a.m.-6 p.m.
Sun. 10 a.m.-5 p.m.

North Grand Mall

233-3553



KEMP'S SERVICE



Complete Automotive Service 24 Hr. Towing

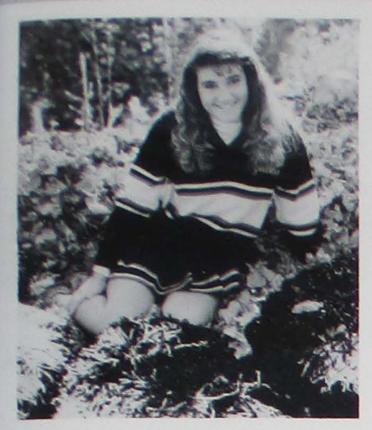
> Lincoln Way and Duff 232-9967





McFARLAND CLINIC, P.C.

1215 Duff Avenue • Ames, Iowa 50010 • 515-239-4400



Chantel Jordan Class of '90



Congratulations Class of 1990







Standard

Lincoln Way & Duff — 232-2555

American Automotive Diagnostic Center

Free Car Wash . 5 Gal. Minimum

118 S.E. 5th

(Behind Apco on S. Duff)

233-2150





24 HOUR TOWING SERVICE -RADIO DISPATCHED



Voted "Best Service Station" in Cyclone Country

D D PYLE CO

Certified Public Accountants

Robert D. Pyle; Principal Dennis D. Pyle CPA Douglas G. Pyle CPA Daniel E. Buss CPA

- ACCOUNTING & BOOKKEEPING
- ITING . BUSINESS CONSULTING
- X PREPARATION & PLANNING
- DATA PROCESSING
- FINANCIAL PLANNING
- MANAGEMENT ADVISORY SERVICES

232-2505

GRAND AT FIFTH AMES

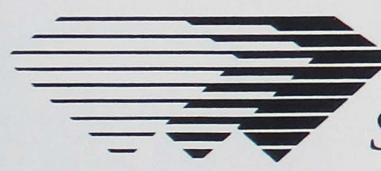


G.C.Woodworking,Inc.

Architectural and Custom Woodworking ·CRESTWOOD ·DURA SUPREME ·PLATO

222 Bell Ave.

232-0423



Ames Silversmithing

For the special occasions in your life . . .

- Diamonds
- Precious Gemstones

- Designers
- Goldsmiths

220 Main

Dountoun

232-0080



Brian Messenger
HOLY GRADU-ATION, BATMAN!
Congratulations and
best wishes as you
vanquish evil in the
future!

Love, Mom, Dad, Jenny and Karin



Beth Luecke
Congratulations,
Beth. You'll always
be a special ray of
sunshine in our lives.
We're proud of you!
Love,
Mom and Dad



Jeff Robson
Congratulations with
love and pride! May
all your wishes become realities as you
continue experiencing life's challenges.
Thanks for being so
special!

Mom and Kristi



Michelle Rayhons
Wishing you a future
with new dreams to
dream, new horizons
to explore, and new
joys to experience.
Love always,
Mom and Dad



David John Burnett
Congratulations,
David! We're so
proud of you, and we
love you very much.
Keep in touch.
Love,
Mom and Dad



Jodi Koppes
Cherish the precious moments—we've shared. Be strong, be brave and fill your heart with love as you capture your future. You'll always be wrapped in our love.

Mom and Dad



Way to go Kristal
We're proud of you.
Keep smiling!
Love,
Mom, Dad and Bret



Chris Andrews
Congratulations,
Chris. Thanks for all
the memories!
Love & best wishes,
Mom, Dad, Jenni,
Teresa and Came



Tami Takle
Congratulations!
We are very proud
of you. Good luck
and keep that smile!
Love,
Mom, Dad, Bryn
and Erika



Michael Brower
Congratulations
Ace! Just keep on
being the special
person you are. We
love you.

Dad, Mom and Shantel



Kari Michelle
Konechne
The world is yours for
the taking, Kari. Keep
your sweet, caring
personality and always remember we
love you.
Dad, Mom and Kim



Paul McGee Congratulations! Life holds good things for you. Love, Mom, Dad, Carol

and Susie



Laura Zachary
Congratulations
Laura. We all are
very proud of you.
May you find happiness in all you do.

Love, Mom and Dad

Ames Total Fitness Center

Powercise - Nautilus - Olympic
Weight Room/Free Weights - Step Aerobics
Aerobic Classes/10 Daily - Coed Whirlpool Nursery (Supervised) - Tanning Fitness Testing - Wellness Profile Special Programming - Ample Parking Stairmasters - Tread Mills - Lifecycles Lifepowers

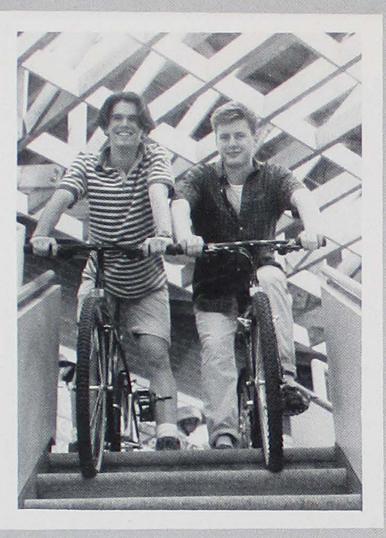
126 South 3rd Street 232-4741

SOMEDAY! Calais GT Coupe VIILSON Colds-Oadilac Oc. 2212 S. Duff Ames, Iowa 50010



Preparing to tackle some of Ames' tougher terrain are senior employees Andy Scott and Jeff Osweiler. Mountain bikes, such as the Specialized Stumpjumper and Raleigh Peak, were the current craze in biking.

515-232-9125





Gifts
Floral Arrangements
Decorative Accessones
Coffee Treats
Light Lunches
Special Desserts

312 Main St. 232-3442



414 Lincoln Way 232-9000

bitz roofing 2

RUBBER ROOFING BUILT-UP ROOFING SHINGLING

"WE'RE PROFESSIONALS"

Quality Work At A Fair Price

2028 Pullman St.

233-1560



Congratulations
Debby
Class of 1990

Firestone



120 Lincoln Way 232-3743 GRAPATITE PLAN

50.00

MALES ANA FOR

PRITZI

Senior Julie Hanson is a friend of the owner of Trickle's Firestone, Del Trickle. (Photo by Tami Takle)

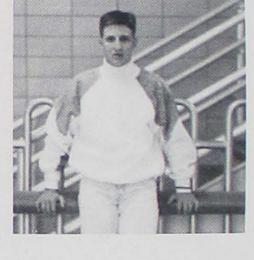
W

Winkler AND SONS

Some day sophomore Chris Winkler may decide to help out his father and work with his decorating business. (Photo by Tami Takle)

PHONE 292-4146

1507 FLORIDA AVE.



AMES, IOWA 50010

SEARS



DECA students Michelle Rayhons and Steve Kubera show off some of the many exercise bikes you can find at Sears.

North Grand Mall 232-6424

FAREWAY STORES



Fareway Employees: Jeremy Babcock, Matt Franco, Craig Barnum, John Brunscheon.

619 Burnett

232-3543



PIZZA
PASTA AND
PIZZAZZ!



Valentino's Employees: Brian Carver, Jason Berg, Amy Carey, Chris Andrews, Julie Wengert, Steve Beaudry, Colleen Berg.

2500 Ferndale

233-2111

TEXACO Food Mart



Grand Avenue Service 13th and Grand 232-7775





Congratulations Seniors!

3621 Lincoln Way 123 S. Duff 217 Welch St. 292-5200 232-1234 292-5689

FIRST NATIONAL BANK



At First National Bank, seniors Kara Maehner and Suzanne Harvey sort checks for the bookkeeping department. (Photo by Tricia McPeak)

MAIN BANK 5th and Burnett 232-5561



SAUCE & DOUGH COMPANY

Congratulations Class of '90

129 Main



- -16 low friction Nautilus machines
- -Complete "Free" weight
- -Life Cycles
- -Tennis (3 indoor courts)
- -Racquetball (4 courts)
- -Treadmill -Walleyball
- -Basketball
- -Weight Control Program
- -Stair Masters -Sand Volleyball (gas grill
- for parties)
- -Saunas -Hot Tubs
- -Tae Kwan Do
- -Fitness Profiles
- -Nursery -Tanning
- -Massage Therapy
- (Member rates)

320 South 16th 232-1911

Country Kitchen wishes the Class of '90 and our future Ames High graduates success in the years to come.

Steph Alt Nick Bartlesen Therese Clark Claire Haws

Karen Heggen Tara Hensley Becky Huehn Jayna Jarnagin Chantel Jordan Rob Kain Carl Lundy **Brian Moreland** Amy Jo Smith Tami Takle Missy Thomas Rob Umbaugh





WE'D LOVE TO GET SNIPPY WITH YOU

Your hairstyle makes a personal statement. And if that statement is "tired" and "boring," the cut's the thing! Come in today for a hair fashion update. You may be just snips away from an exciting glamour style, power look, or fuss-free fun. Expect the best! Your hair will be in optimal condition because we use Redken products-the very best in hair care.

REDKEN AMBASSADOR SALON



210 Welch 292-1058 North Grand Plaza 232-0413

ManStyle

709 24th St. 232-2312 210 Welch 292-1058

IMAGES

303 Welch 296-2966



Allison L. Horner
You're very special
to us and we're proud
of all your accomplishments. We
know you will be successful. With much
love,

Mom, Dad, Amy, Kevin and Jody



Heldi Shlerholz
You've brought joy,
music, tears and
laughter into our
lives. You are a very
special person,
Heidi.

We love you, Mom, Dad, Cari and Jeni



Chris Kennedy
Congratulations,
Chris! We're so very
proud of you. Go get
'em!

Mom and Dad



Andy Scott
Congratulations!
You've given us joy,
and we'll always be
proud of you. May
your ride through life
be filled with happiness. Love,
Mom, Dad, Christy
and Jenn



Todd Schumer
Happiness and success in all you do.
Congratulations,
Todd. Best wishes
in the future.
Mom, Dad and Kari



Heidi Brayton
Congratulations to
our favorite daughter! Your reading
skills really improved
when you turned the
book right side up!
Love,
Mom and Dad



Daniel J. Bergan Congratulations, Dani We wish you the very best in all you do.

Love, Mom, Dad, Jody, Amy and Mike



Anne Pepper
Congratulations,
Annie! We had a
great 18 years.
Thanks for just being
you.
Mom, Dad and Tom



Staci Dooley
Congratulations!
Well done! We are
so proud of you.
Love,
Mom and Dad



Sarah Gitchell
May your future bring
you as much joy as
you have brought us.
We love you.
Mom, Dad and Joe





Haps Air Service

Airport Road Ames, la 50010

"Our Favorite Flying Senior" -Jennifer Holden

PELZ LAND, CATTLE & TUXEDO CO.

Importers and
Distributors of
Quality Formalwear
Accessories

Bill Pelz



Stacla & Shannon Madsen
Congratulations! Little sisters. Best wishes for continued success. We love you!
David and Sabrina



Nathan Block
Stay close to the candles!
Love,
Mom, Dad and Erin



Vim Lacasa
Keeker, all our love and wishes for the greatest in life always.

Mom, Dad and Laura



Amy Hausman
Congratulations Amy - you
have made us very proud.
"The world will be your oyster." Good luck.
Love,
Mom and Dad

SIGLER PRINTING

"Good Impressions Since 1958"



429 S. Duff 232-6997

Congratulations
1990
Graduates!



Good Luck Graduates!



LOCALLY OWNED

406 Main Street Ames, Iowa 50010 233-5203

DONUTLAND'



Choosing from a wide variety of pastries is senior Dorie Homan, a Donutland employee. (Photo by Trish McPeak)

> 120 Lincoln Way 232-9311

Congratulations Seniors!





"We are the difference" Crowner Tire

& Automotive Center, Inc.



402 Lincoln Way - Ames - 232-6351 HOURS: Mon.-Frl. 7:30-6:00; Sat. 7:30-5:00

We Accept Goodyear Card, Visa, MasterCard, Discover and Diner Club

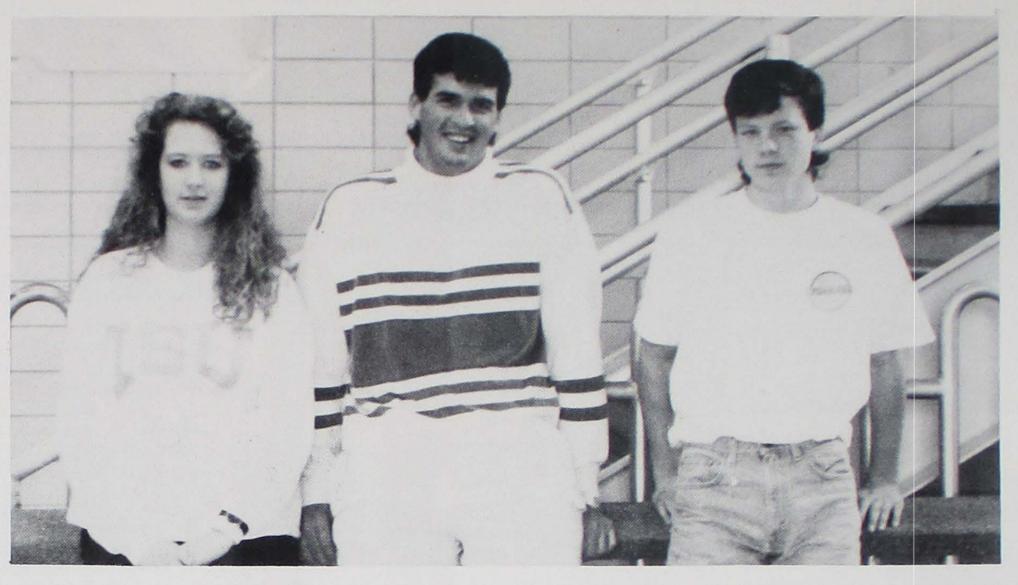




SAVE U MORE DISCOUNT FOOD STORE

538 S. Duff

232-2961



Save-U-More Employees: Becky Huehn, Brian Krausman, Darrin Fischer.

Congratulations Seniors!

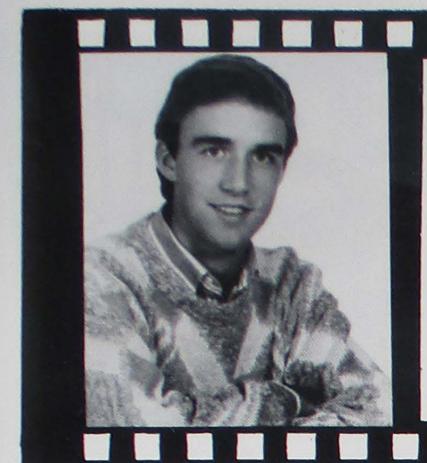
YOUR FUTURE IS OUR BUSINESS.





3910 W. Lincoln Way 292-7910







PETE TEKIPPE Photography, Ltd.

> Story City, la 733-4352



NORTH GRAND VALU-RITE, INC. DRUG

> North Grand Mall 232-8020

Buick

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Motor, Inc.

GMC

Truck

Dodge Truck

1613 S. Duff Ames

WAL-MART

Store Hours: Mon.-Sat. 9 AM - 10 PM Sun. 9 AM - 6 PM

3015 Grand

233-1345

Inside 'SPIRIT'

"SPIRIT" Volume 78, In The Works, not only describes Ames High School with all its renovations in 1990, but also the "SPIRIT" staff that inhabited it at all hours. Sixteen writers, four photographers and one overworked adviser could be found diligently working in Room 202 every seventh period, 6:30 to 9:00 every Wednesday night, and often past the stroke of 1 a.m. on deadlines.

The cover, created by design editor Samantha Shearer, features a sketch of the newly constructed Student Services Center. The design is blind embossed on Navy Kivar 811 with Silver 904 foil. The spine is silk screened with Silver 801. The endsheets are light blue parchment printed with black ink. The interior of the book is printed on gloss double-coated enamel 80 pound paper. All body copy is 8 or 10 point Helvetica. The first three division headlines are Optima; Ads features Benguiat; and all other division heads are Century.

The yearbook was printed by Walsworth Publishing Company in Marceline, Missouri, and was serviced by company representative, Verna Sturtevant.

A one-week summer workshop at Ball State University gave the editor-in-chief and design editor a crash course in how to survive all-night deadlines as well as teaching them a few aspects of yearbook production. The staff attended the lowa High School Press Association State Conference in lowa City where they collected the first-place sweepstakes trophy for "SPIRIT" '89. Three staff members and their adviser also traveled to St. Louis for the National Scholastic Press Association conference where "SPIRIT" '89 earned ninth place in "Best of Show". The National Scholastic Press Association also awarded the book an All-American rating.

The "SPIRIT" staff would like to thank "The Daily Tribune" and photographers Tom Wallace, Dennis Magee, Darrell Goemaat, Sam Morris, Jim Percival, Susan Jodan, Cynthia Carson, John Mattila, Jim Lee and Andy Scott; Ames area businesses, the Media Center staff and Sorn Somsanith. Above all, our eternal gratitude goes to our adviser, Kendi Neff.

-Stacy Morford, editor-in-chief



Gabi Kupfer/ Terl Pipitone Go out into the world Make it a better place. Call home. Your lucky moms



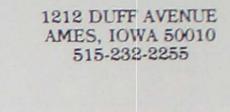
Congratulations Jaimel We love you and are so proud. Good luck as you face the challenges ahead. You are special Mom, Dad, Ana and Lissa



Shika Seecharan Congratulations Shika! (Lou Girl) We are happy for you and wish you well in the future. Love, Dad, Mom, Vika,

Nina, and Shaly





THOMAS M. STARK, D.D.S., M.S.D.

Orthodontist.

American Association of Orthodontists



David Andre Congratulations Thanks for many wonderful memories. Love, Mom and Dad



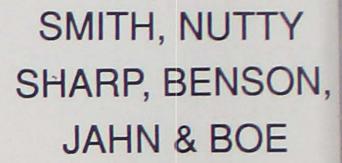
Gregg Garn Good luck, Gregg. We're proud of you. May you have a bright and happy future. Mom, Dad, and

Alex



Zach Vegge It's been fun watching you grow up and we're very proud of the young man you've become Have a happy life. Love,

Mom, Dad, and Noah 2



Attorneys at law

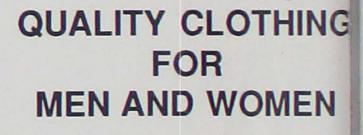
618 Douglas 232-1471



Chantel Jordan Chan ... our one and only shining star. Wherever you go, whatever you do -always remember our love is with you. Mom and Dad



Becky Moore A goal is a dream with an end Set your goals high and explore all the possibilities because you can achieve anything! Mom, Paul, and Jeff





Est. 1964

226 Main

Downtown



Brian Bowman Congratulations, Brianl Keep that wonderful sense of humor and you'll go

o Love, Mom, Dad, and Kim **EMPLOYEE OWNED**



3600 W. Lincoln Way, Westridge Plaza, 292-5543 Open 7 a.m. to 10 p.m., 7 days a week

"A Helpful Smile in Every Aisle"

FOOD STORES



Hy-Vee Employees: Sorl Thun, Tate Womack, Kurt Munson, Holly Lephart, Scott Gunnerson, Jamie Sipes.

NELSON Electric

116 CLARK AVE. AMES, IOWA PH. 232-2445

Established 1908

Classes of '26, '57, '63, '83, '86, '90, '94, '98

JOHN HUBER CLOTHIER

Fine Classic Clothing for Men and Women

> 404 Main St. 233-4948



Congratulations 1990 Graduates!

Group Foster Care Homes

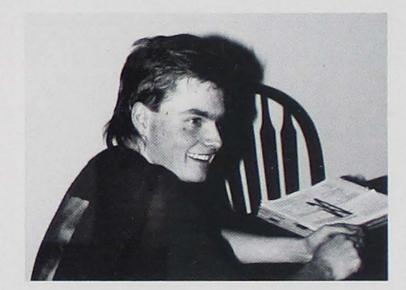
Mainstream operates five comprehensive care facilities for children and young adults under the age of 21 with developmental disabilities—three in Ames, and two in Des Moines.

Group living, under the supervision of a house manager and a compliment of resident assistants, allows these young people to remain in the community, and to prepare them for the highest possible level of independent living.

All residents of the Group
Foster Care homes attend public
school, and individual program
plans are developed with the full
participation of Mainstream's
interdisciplinary team.

Services include supervision and training in self-care, domestic skills, transportation, and behavior management.







Residential Care Facilities for Mentally Retarded Adults (RCF-MR)

Three RCF-MR facilities are located in Story County. These group homes are designed to enable those developmentally disabled citizens over the age of 21 to maintain or improve their physical and social self-sufficiency and independence.

The purpose of Mainstream's programs is to prevent inappropriate institutionalization, while providing services in the least restrictive environment. Services include 24-hour supervision, training in self-care skills, medication supervision and management, and behavior control techniques.

PROGRESSIVE • RESIDENTIAL • SERVICES

Why Original Recipe. is bursting with flavor.



Good Luck Graduates!



509 Lincoln Way 232-3616 North Grand Plaza 232-8800



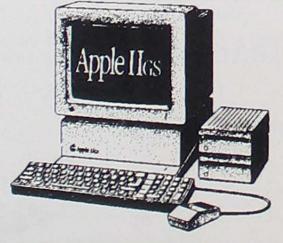


Marvin K. Freeburg, D.D.S. 137 Lynn Ave. 292-7262



For all your computer needs

- Hardware
- Peripherals
- Software
- Supplies



BEACON MICROCENTER the Computer Professionals

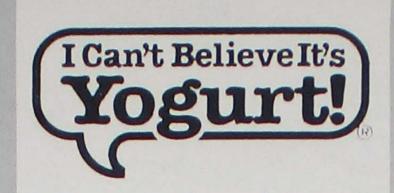
213 Lincoln Way • Ames • 233-4807



231 Main Street 232-9375

Band & Orchestra Instruments
Guitars & Amps
Electronic Keyboards
Combo Equipment
Printed Music
Accessories & Gifts

243



131 Welch Ave. 292-6751



Whatever the Occasion . . .

Think of us for gifts that will delight family and friends. When you shop Coach House Gifts, you'll find the trendiest items and the perfect cards and gifts to convey your warmest wishes, your heartiest congratulations or your cheeriest thoughts. Whatever the occasion, think of us.

North Grand Mall

232-3574



GEORGE WHITE

CHEVROLET PONTIAC GOO



New Highway 30 and 69 South P.O. Box 845 AMES, IOWA 50010

We Make It Easy

MAYFAIR

One Hour Cleaners

Shirt Launderers Coin Laundry Formal Wear Rental and Sales

508 LINCOLN WAY (Downtown)	232-2952
3339 LINCOLN WAY (West)	
303 WELCH (Campustown)	
512 LINCOLN WAY (Coin Laundry)	
24TH and GRAND (North)	
510 LINCOLN WAY (Formal Wear)	
538 SOUTH DUFF AVE. (SAVE U MORE)	232-1961
1132 6TH NEVADA (Varsity Cleaners)	382-2003
OFFICE	

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JANP SEVERSON

205 Clark 232-7203



WE SUPPORT YOU IN YOUR ACADEMICS AND ACTIVITIES



Parks and Recreation Employees. Front Row: Missy Yungclas, Jennifer Ballantine, Carolyn Canow, George Morden. Second Row: Jay Clark, Lisa Wharton, Sarah Uhlenhopp, Tammy Cruse, Joel Morain. Back Row: Mandy Dill, Brian Greving, Jim Robbins, Colin Brennan.

A M E S Parks and Recreation

1500 Gateway Hills Park Drive

239-5350

Dr. Jeffrey Herrick, D.D.S 620 5th St. 233-3778

Carr Hardware 306 Main St. 232-6324

Linda Glantz Interiors North Grand Mall 232-3752

Cyclone Printers 311 Lincoln Way 232-1603

The Gift Vine 311 Main St. 232-5085

Lazy M Shoes 232 Main St. 232-1664

Dr. Donald Good 5th and Burnett 233-2898

Stevan A. Holm 323 6th St. 232-4732

Actors Theatre 120 Abraham 292-2073



Christa Jungst
Congratulations Tal
We wish you the very
best in all you do.
We love you.
Mom and Dad



Christine Evans
Congratulations
Christine! Wishing
you much success in
the future. Keep
smiling!
Dad, Mom and
David



Stephanle Graves
You are a precious
gift in our lives - a
lovely ray of sunshine; our love and
pride will always be
with you. Congrats!
Mom and Dad



Anne Cheville
Never a dull moment!
You've added excitement and fun to our
family. We love you
lots!

Congratulations, Mom, Dad, Julie and John



Suzanne Klonglan Congratulations! With love and best wishes! Mom and Dad



Jill Wall
Congratulations! We are so proud of you!
May your love and kindness return to you 1000 fold.
Love,
Dad, Ceci, Jenny

and Cristina



Genny Bates
We are very proud of
you. May your future
bring only the best.
Loving you,
Mom, Dad, and
Christopher



Camille Young
Congratulations,
Camille! Keep that
twinkle in your eye
forever, Welove you!
Mom, Dad and
Michelle



Steve Wohn
You have always
been able to make
us laugh. We love
you and are proud of
you.

Mom, Dad and Jennifer



Jason Berg
Happiness forever,
Jason. We love you
very much . . . you'll
always be our little
"moon" beam!
Dad, Mom, Colleen
and Jamie



Paige Hoefle
You've brought us
such joy and made us
so proud. We wish
you luck, love and happiness in your future.
Love,
Mom, Dad, and Billy



Colin MacGillivray We know you'll succeed in whatever you do.

Love, Mom, Dad and Kelley



Michael K.
Patterson
Congratulations
Mike. You've added
so much to our lives.
Good luck in the

Love,
Mom, Dad and
Dana



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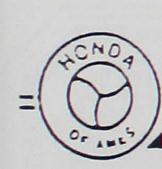
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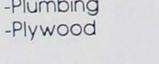
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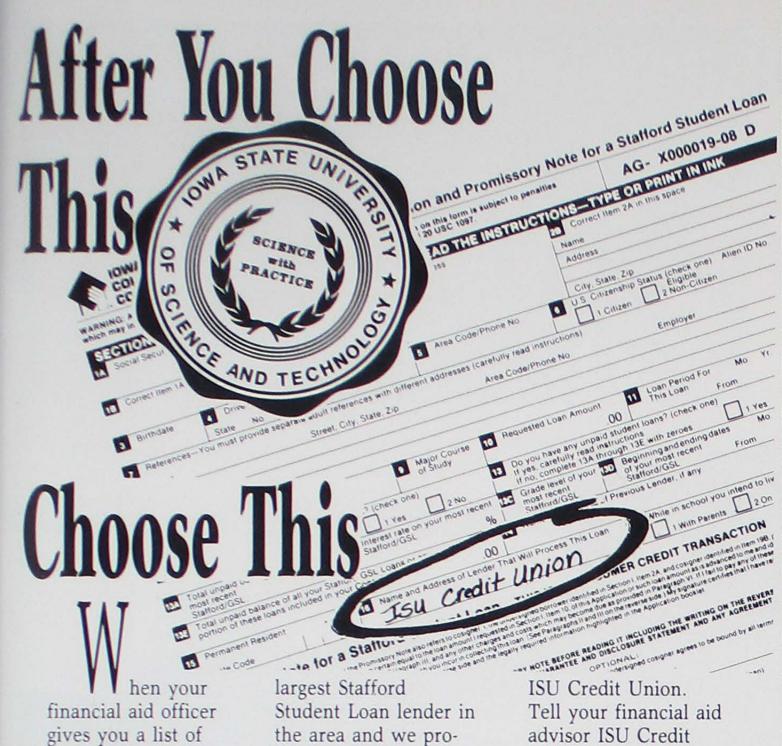




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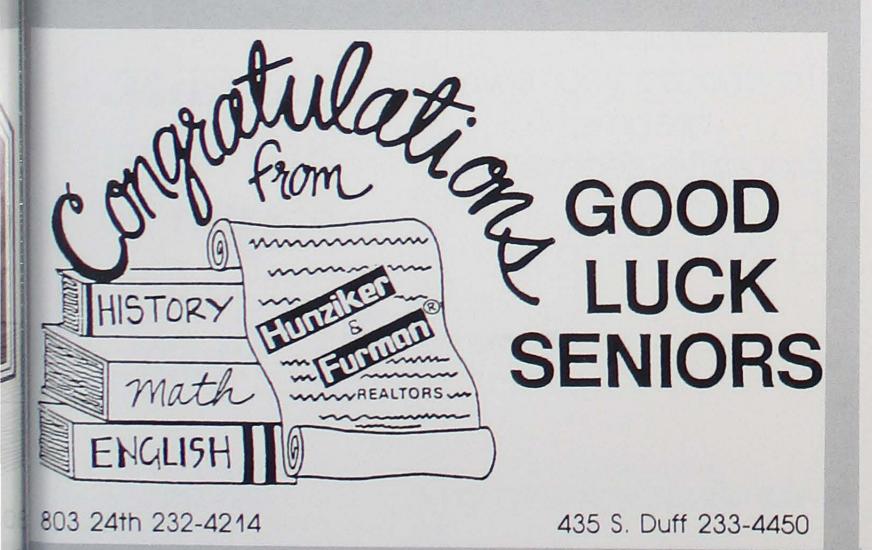
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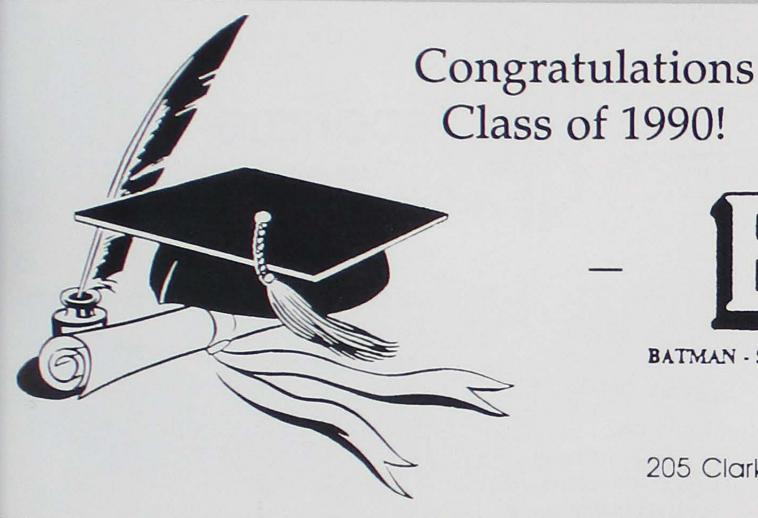
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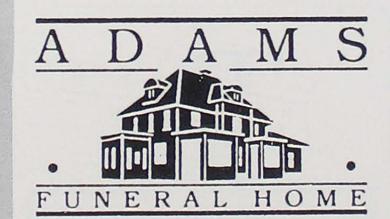
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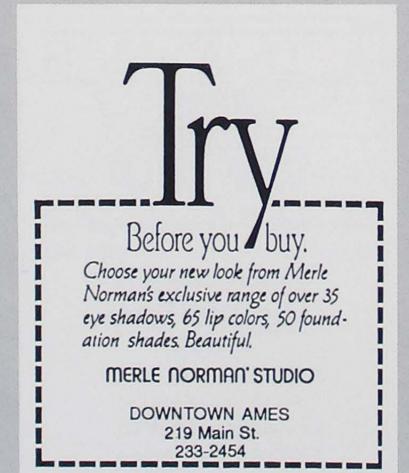
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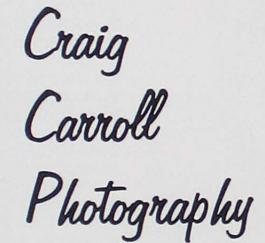
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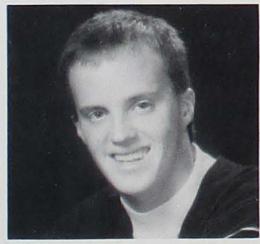




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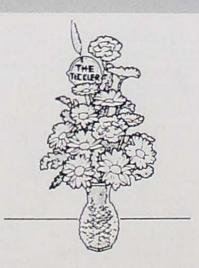
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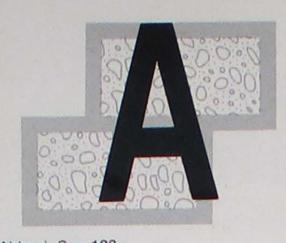
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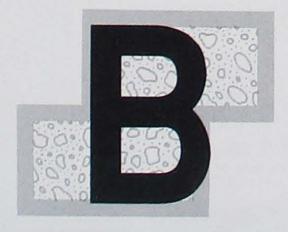
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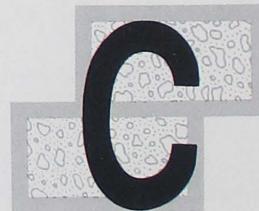
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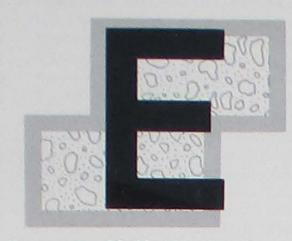
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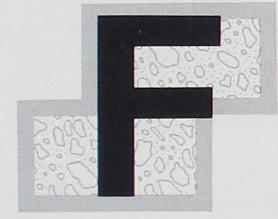
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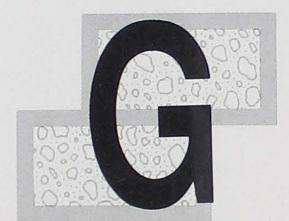


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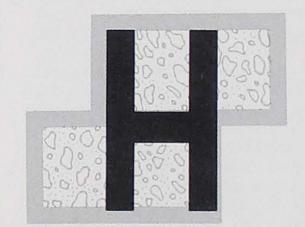
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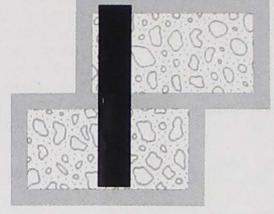
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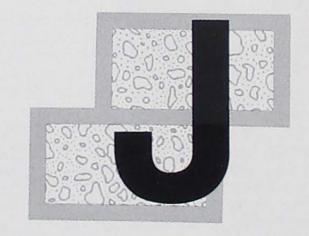
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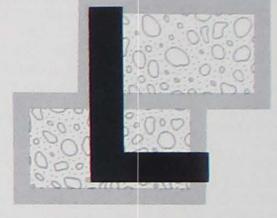
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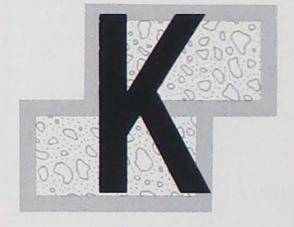
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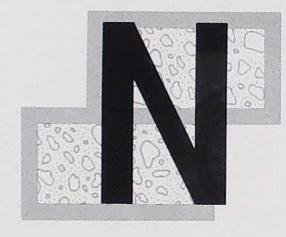
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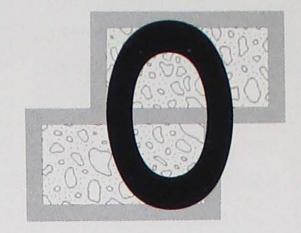
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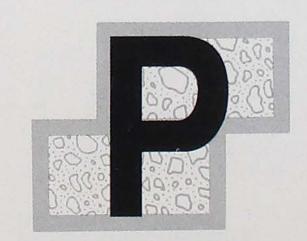
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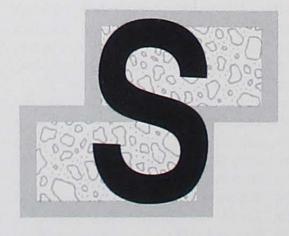


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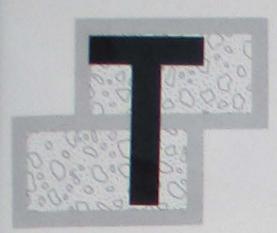
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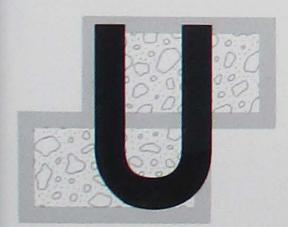
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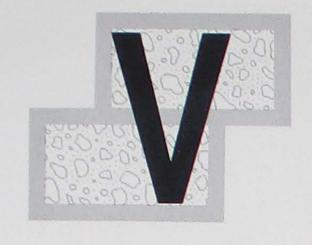
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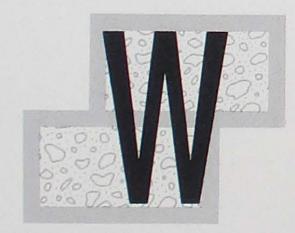
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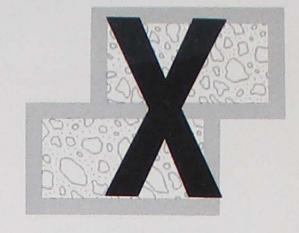
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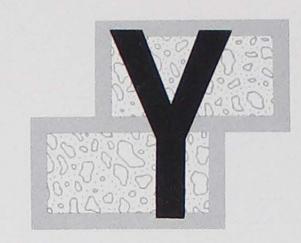
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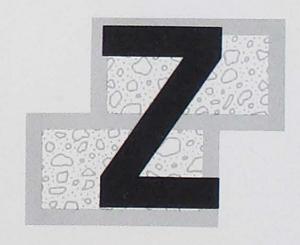
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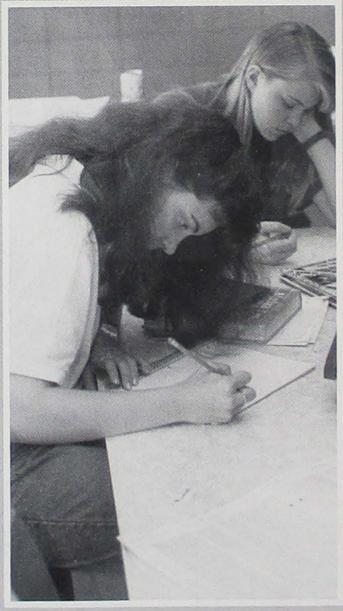
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After the conclusion of commencement exercises, senior Tollif De Jong spots a friend in the crowd. 279 seniors graduated during the ceremony June 4 in Hilton Coliseum. (Photo courtesy of The Daily Tribune)



Using all the power he can get, senior Gregg Garn pushes off in the final round of the 400 meter hurdles at State. Garn took first place with a time of 52.45 seconds. (Photo by Andy Scott)

Even after their last final, junors Karen Heggen and Beth Fatland were still working on the yearbook. "SPIRIT" staffers worked well into June to finish the book on time. (Photo by Andy Scott)







Despite complaints, construction and classes Worked Out

After almost an entire year of construction and renovations, the new and improved Ames High was completely open for use. It was even advertised by a vandalism-proof Ames High School sign on the corner of 20th and Ridgewood. The brick semi-circle in front of the building was opened in April and became the new Student Services Center, sporting six counselors' offices, a meeting room, and an air-conditioned reception area.

As the end of the year approached, students felt less desire to sit in class and took every chance they could find to escape. April 27 and 28, several Ames High runners got their first chance to compete against athletes from across the midwest at the Drake Relays. Several other students took advantage of the relays as well as the state track and tennis meets to get out of classes. The Friday following Drake, over a quarter of the student body priored out of school at noon to join in the lowa State University VEISHEA festivities.

After the Drake Relays as their practice run, the track

teams prepared themselves for the state meet. If 1990's VEISHEA festivities were

too mellow for some students, the partying after the girls' track team placed third and the boys finished off an undefeated season and captured the Class 4-A title should have satisfied them.

As the end of the year approached, festivities increased in number, including several senior parties and the "Mystical Illusions" of Prom.

Bad weather put a damper on the first months of Spring.

Due to the violent ice storms of March and the vacation day we were forced to take because of power outage over most of Ames, all underclass-

men remained in school through June 6. Seniors were exempt from the make-up day, and the first class to have four years of high school under their belts graduated June 4. The evening of commencement, 279 high school graduates caught their last glimpses of the teachers and administrators that had controlled the last four years of their lives; lives that were still in the works.



At the announcement that Gregg Garn had tied the State record in the 400 meter hurdles, boys' track coach John Sletten and several Ames fans raise their arms in victory. Ames captured its fifth straight Class 4-A title. (Photo by Andy Scott)



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